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\$115.4 Million School Budget For FY 2020 Approved - Page 4



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The Quincy Sun

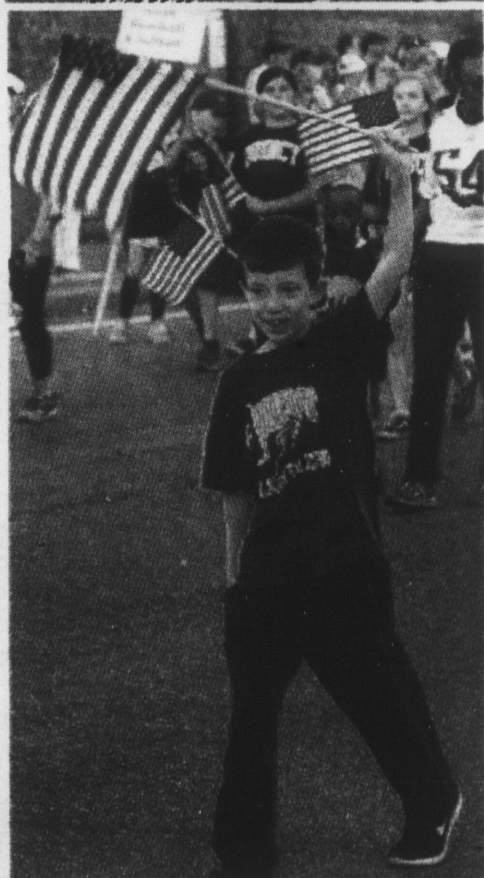
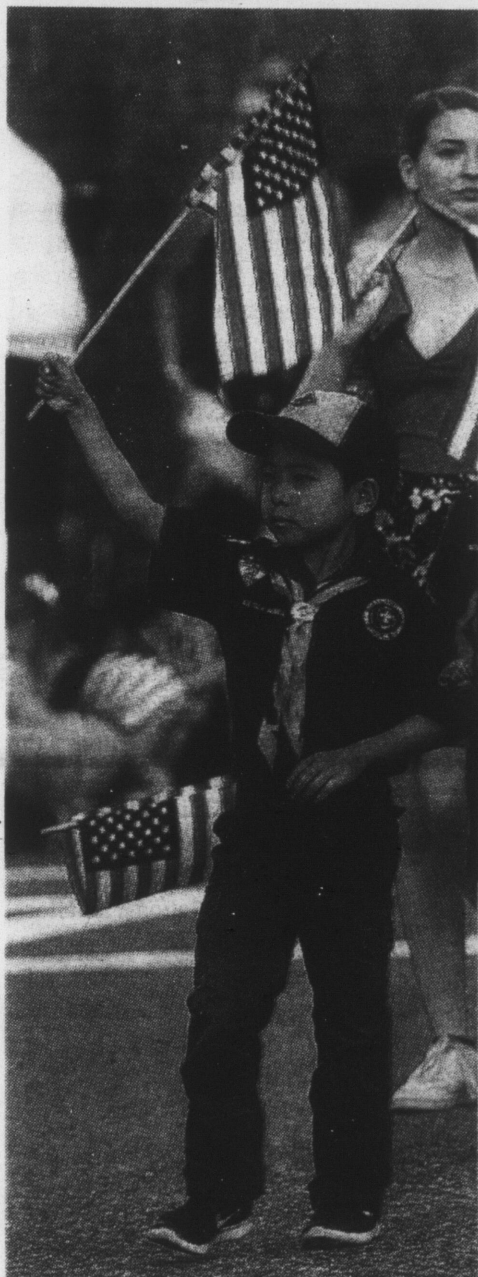
Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 51 No. 40

Thursday, June 20, 2019

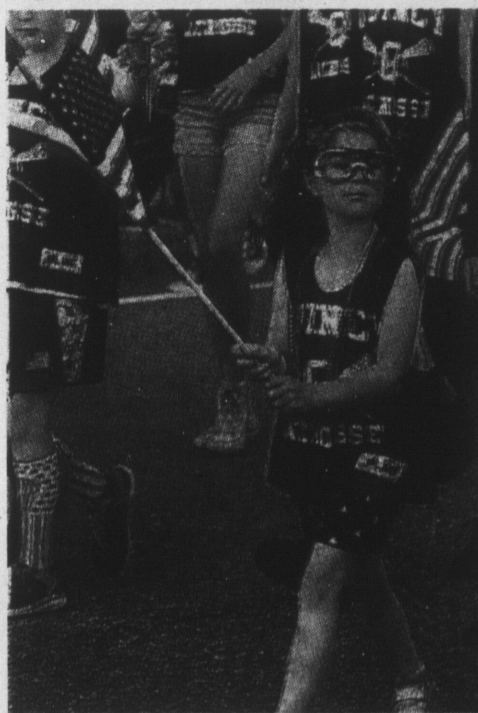
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Flags, Fireworks Celebrate 'Old Glory'



FLAG WEVERS AND fireworks celebrated Flag Day in Quincy on Saturday. The festivities began with the 68th annual Quincy Flag Day Parade featuring bands, specialty floats and children from local youth organizations marching while waving "Old Glory." The evening was capped off by the raising of a 50-foot by 80-foot American flag at Pageant Field followed by a sensational fireworks display over Blacks Creek. More photos on Pages 20, 21 and 30 and online: www.TheQuincySun.com (click galleries).

Quincy Sun Photos/Robert Bosworth



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Heartburn: Causes And Remedies - Page 9
Discover Quincy Promotes Activities - Page 12

More Quincy news:
The Quincy Sun.com



AMERICAN FLAGS decorate the graves of more than 100 Civil War veterans interred at Sailors' Pond Cemetery in Merrymount Park.

CREMATION CARE

by Keohane,

The
Cremation Experts
on the South Shore

Is a Casket Necessary If I Choose Cremation?

Families choose cremation for many reasons, many times for the variety of ceremony and disposition options it provides. The decision about using a casket, and what type of casket to select, is really tied to the type of ceremonies you choose. The cremation experts at Keohane will help guide you through the many types of caskets that are available to ensure that your choices reflect your values and budget.

Most families choosing cremation select ceremonies that include open casket visitation prior to cremation, which allows family members and friends an opportunity to see the person and say goodbye. For these families, a casket is necessary but, unlike families selecting burial, they have two options.

The first option is to select a wood casket in which the deceased is cremated. Some families appreciate this because, like with burial, the deceased is in their own casket for the ceremonies and disposition unlike the other option, which is to purchase the use of a ceremonial casket.

A ceremonial casket, which is sometimes referred to as a "rental" casket, is a specially designed casket that may be reused. The appearance of the casket is no different from a hardwood casket one would purchase yet it is less expensive. Typically, these caskets feature a hinged panel into which a special cremation container is placed to encase the deceased. Following the ceremonies, the deceased is transferred to the crematory in this container and the casket shell is cleaned for future use.

The cremation container itself is a durable, leak-proof and combustible vessel used to encase a person for the cremation process. Its use is required by crematories to maintain the dignity of the cremation process. While the type of container used in ceremonial caskets is fitted with full casket lining materials, there are other choices available for families choosing cremation prior to the ceremonies.

Some families are surprised to learn that not only is a cremation container necessary but that there are several types of containers to choose from. Although they are much simpler in design and much less expensive than caskets, many families still find meaning in selecting the cremation container that they feel is most appropriate for the person who has died.

Selecting a casket or cremation container can be difficult. The cremation experts at Keohane are committed to helping make the selection that is best for you and your family. Please call us at 1-800-KEOHANE. We are here to help.



John Keohane,
Funeral Director



Keohane

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MOH Recipient, Other Civil War Vets Interred At Sailors' Home Cemetery

By SCOTT JACKSON

More than 100 veterans of the Civil War, including a Medal of Honor recipient, are interred in a quiet wood-

ed area within Merrymount Park, a short distance from the bustle of Quincy Shore Drive.

The burial ground, Sail-

ors' Home Cemetery, can be found by taking a half-mile walking trail that begins near the intersection of Fenno Street and Andrews Road. There are 118 veterans of the Civil War buried there, most of them sailors who served in the U.S. Navy, according to George Bouchard, the grave registration officer for the city's Veterans' Services Department.

The sailors lived in the National Sailors' Home, located in the area of Dickens Street in what is now known as Beechwood Knoll, a short distance from the cemetery; the cemetery and nearby Sailors' Home Pond are both named for the former sailors' home.

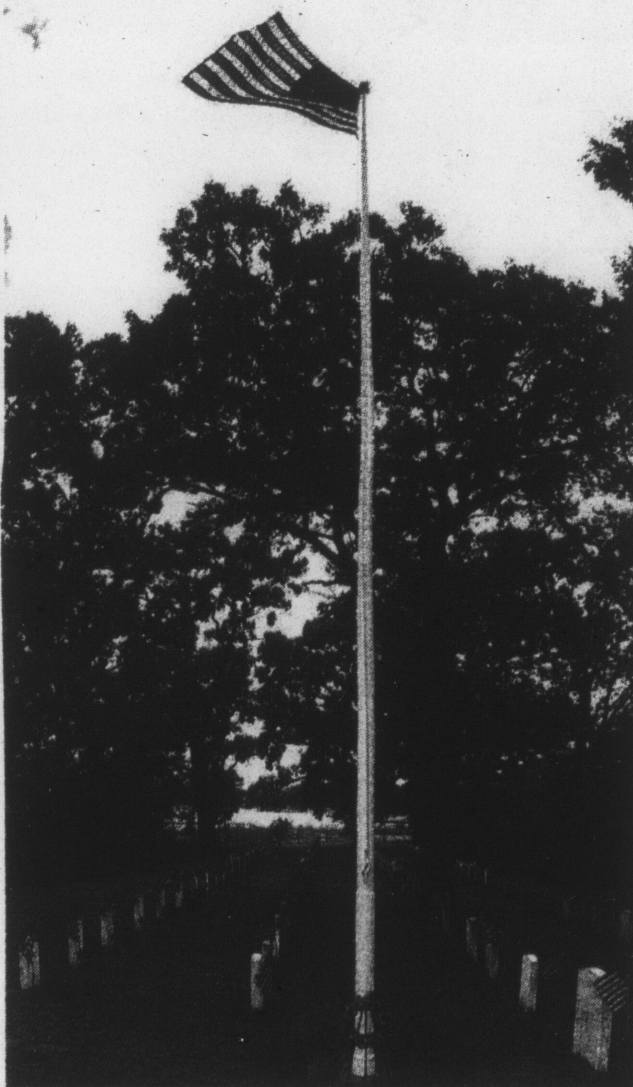
The National Sailors' Home opened in 1866 to care for indigent U.S. Navy veterans who served in the Civil War. The building was demolished in 1931.

Among those buried in the cemetery is John Griffiths, a Medal of Honor recipient. Born in 1835 in Wales, Griffiths enlisted as a private in the 30th Massachusetts Volunteer Infantry in April 1864. He joined the U.S. Navy the following month.

Griffiths served as captain of the forecandle aboard the brig USS Santiago de Cuba. He was awarded the Medal of Honor for his actions during the Jan. 15, 1865, Union attack on Fort Fisher near Wilmington, N.C.

"As one of a boat crew detailed to one of the generals on shore, Captain of the Forecandle Griffiths bravely entered the fort in the assault and accompanied his party in carrying dispatches at the height of the battle," the Medal of Honor citation stated. "He was one of six men who entered the fort in the assault from the fleet."

Griffiths was discharged from the Navy on June 17, 1865. He died in Massachusetts following the war at an unknown date.



AMERICAN FLAG flies above decorated veterans' graves at Sailors' Home Cemetery on Flag Day, Friday, June 14.



AMONG THOSE BURIED in the Sailors' Home Cemetery is John Griffiths, a Medal of Honor recipient and Navy veteran of the Civil War.
Quincy Sun Photos/Robert Bosworth

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8-1 Vote OKs FoxRock Deal

Medical Office Building, Hotel,
Housing In Ross Lot Area

By SCOTT JACKSON

City councillors on Monday approved an agreement with FoxRock Properties that will allow the developer to construct a medical office building, hotel and workforce housing in the vicinity of the Ross Lot in Quincy Center.

Councillors also approved a \$61 million bond, to be paid back through the district improvement financing (DIF) program, for public improvements in the downtown.

Mayor Thomas Koch had introduced the two items in March and councillors met several times since then to review the proposals. They were approved in separate 8-1 votes Monday, with Councillor Anne Mahoney opposed to each.

The land disposition agreement with FoxRock sets the stage for the compa-

ny to build a 200,000-square-foot medical office building, a 140-room hotel and 196-unit residential building on the Ross Lot. The proposal still requires approval from the city's Planning Board before it can move forward.

The medical office building would be built atop a 400-space garage and another 120 parking spaces would be provided elsewhere on the site. FoxRock will also lease up to 400 spaces in a new garage the city plans to construct in the vicinity of the Parkway.

The LDA also allows FoxRock to buy out the right of reverter the city holds for the property at 114 Whitwell St., home to Quincy Medical Center, for \$4.25 million. FoxRock has proposed a 490-unit residential development there; the reverter clause would have

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QUINCY NATIVE Major General Francis McGinn, the Mobilization Assistant to the director, Defense Intelligence Agency in Washington, D.C., waves to spectators at Saturday's 68th annual Quincy Flag Day Parade. Maj. Gen. McGinn, who is also a retired Massachusetts State Police major, was the grand marshal in Saturday's parade. Here he marches along with his wife, Kerry (left) and Mayor Thomas Koch (right), chairman of the Quincy Flag Day Committee. Koch's father, the late Richard Koch, Sr., founded the first Quincy Flag Day Parade in 1952. More parade photos Page 20, 21 and 30 and online: www.TheQuincySun.com (click galleries).

Quincy Sun Photo/Robert Bosworth

\$329.78 Million Budget Approved

By SCOTT JACKSON

The City Council on Monday passed Mayor Thomas Koch's proposed \$329.78 million budget

for the new fiscal year that starts July 1.

Koch's initial proposed budget for fiscal year 2020, introduced in May, totaled

\$325 million. He also proposed at that time a downtown division, which would have been funding using new revenue from Quincy

Center through the district improvement financing (DIF) program and was not included in the general fund

Cont'd On Page 13

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Ask the GEMOLOGIST

BY JEFFREY M. BERTMAN
GRADUATE GEMOLOGIST



THE GIFT OF BRILLIANCE

If you are looking for a classic gift for a memorable occasion, an excellent choice for both male and female recipients are diamond stud earrings. One factor to consider when choosing the right pair is the shape of the face. For instance, a slim face is perfect for a round cut diamond, while a broader face pairs well with a princess cut. Skin tone should also be taken into consideration. White gold and platinum both go well with a cool skin tone, and yellow gold compliments warmer tones. Bear in mind too the setting. The earring should fit snugly against the ear. A three- or four-prong martini or basket setting are good choices for a proper fit.

Searching for just the right style earrings? We have many beautiful, creative designs from which you can choose. Whether you are looking for the trendy or the traditional, look no further than Rogers Jewelry. From diamond studs to high-style hoops, you are sure to find the earrings that suit your style at 1402 Hancock St. in Quincy Center. Are you in need of an appraisal for your fine jewelry? Call us 617-773-3636 to find out how we can help. We are licensed and regulated by Massachusetts State Law to buy and sell as well as offer cash loans on gold, platinum and other types of jewelry.

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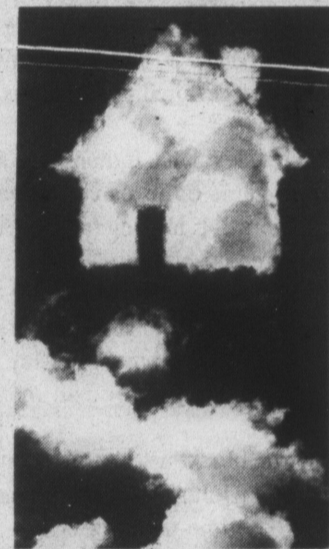
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The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$1.00 per copy newstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

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Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

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Moments in time

THE HISTORY CHANNEL

• On July 4, 1826, the 50th anniversary of the adoption of the Declaration of Independence, both John Adams and Thomas Jefferson, the second and third presidents of the United States, respectively, die. Both men had been central in the drafting of the historic document.

• On July 2, 1900, in the sky over Germany's Lake Constance, Count Ferdinand Graf von Zeppelin successfully demonstrates the world's first rigid airship. The 420-foot, cigar-shaped craft was lifted by hydrogen gas and powered by a 16-horsepower engine.

• On July 7, 1912, Jim Thorpe wins the pentathlon at the fifth modern Olympics in Stockholm, Sweden. He would later medal in the decathlon. In 1913, though, he was stripped of his Olympic medals because he had played minor league baseball. The medals were restored posthumously in 1982, 30 years after his death.

• On July 1, 1951, Cleveland Indians ace Bob Feller pitches the third no-hit game of his career to lead the Indians over the Detroit Tigers 2-1, making him the first modern pitcher ever to throw three no-hitters.

• On July 6, 1976, in Annapolis, Maryland, the United States Naval Academy admits women for the first time with the induction of 81 female midshipmen. In May 1980, Elizabeth Anne Rowe became the first woman member of the class to graduate.

• On July 3, 1985, the blockbuster action-comedy "Back to the Future" -- in which John DeLorean's iconic concept car is transformed into a time-travel device -- is released in theaters. The DeLorean featured gull-wing doors and a brushed stainless-steel body.

• On July 5, 1996, Dolly the sheep -- the first mammal to have been successfully cloned from an adult cell -- is born at the Roslin Institute in Scotland. Over the course of her short six-year life, Dolly gave birth to four lambs.

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Opportunities Available For City 'Adopt-An-Island' Program

Mayor Thomas Koch announces the city's "Adopt-an-Island" program has some opportunities available for interested businesses and community groups.

The successful program allows private entities to maintain public areas in return for a small sign recognizing their commitment to beautifying the community. This public-private partnership is more than 22 years

old and has helped beautify traffic islands and public squares throughout Quincy.

"First, I want to thank all those folks that participate in our existing adopt-an-island program," Koch said. "Our beautification efforts are augmented by the commitment of so many to keeping our city looking great. I further want to encourage businesses and community groups, not currently in-

involved, to think about joining this mutually-beneficial program."

People interested in learning more about the program can call the Department of Natural Resources at (617) 376-1251. In return for keeping the adopted area neat, clean, and beautiful the City places a small, uniform program sign in the area with the name of the sponsoring business or group.

"Beautification is a team effort," said Commissioner of Natural Resources Dave Murphy. "We encourage businesses not only to join this program but also to take pride in their own properties. Some of our businesses do a great job already but some could do better. I hope that beautification is contagious and more people pitch in to keep Quincy looking great."

Bill Forbush Honored At State Police Ceremony

Current and former Massachusetts State Police Associations honored Quincy resident, William "Bill" Forbush during the annual memorial ceremony June 9th at the State Police headquarters in Framingham.

Bill Forbush will be 99 years old on June 27 and is the oldest living Massachusetts State Trooper. The recognition speech complete with a birthday cake presentation was filled with many interesting tidbits about Staff Sgt. Bill Forbush's service to our state and his country.

Staff Sgt. Forbush graduated from the 33rd Recruit Training Troop on April 7, 1948. This was the first class to be trained in Framingham. He served with the MA State Police for 20 years and was stationed in Foxboro. During those days troopers lived in the barracks and only went



STAFF SGT. William "Bill" Forbush of Quincy poses with wife, Muriel, his family, and fellow State Troopers during a recent memorial celebration at the Massachusetts State Police Barracks in Framingham.

home on their days off.

Staff Sgt. Forbush served in the U.S. Army as an infantryman during World War II, seeing action in New Guinea and the Philippine campaigns, and also served in Yokohama, Japan after the war. He was awarded

the combat infantry badge, The Asiatic Pacific Theater Campaign Ribbon, and the Philippine Liberation Medal with Bronze Service Stars, amongst other decorations.

After his retirement from the State Police, Staff Sgt. Forbush played the violin

with the Brockton Symphony orchestra for many years, and also played the piano in night clubs and lounges across Massachusetts.

Bill Forbush has 5 children and 9 grandchildren and lives in Quincy.

\$115.4 M School Budget Approved Funding For Additional Staff, Programs, Activities

By TOM GORMAN

The school committee unanimously approved the \$115.4 million school department operating budget for the 2019-20 school year during its June 12 meeting

The spending plan is \$5.3 million more than this year and provides funding for additional staff and programs while covering teacher salary and step raises.

The additional staff will

include two new classroom teachers - a full-time and a part-time. Officials haven't yet determined which school and grade they will be assigned.

Also, there will be four full-time special education teachers, a full-time English Language Learner teacher, a part-time occupational therapist, and a full-time guidance counselor. The budget will allow for two full-time nurses, 21 full-time special education aides, a full-time assessment coordinator, and a homeless coordinator.

Other additional support staff will include three full-time and one part-time central registration aides, and a full-time custodian for the new South-West Middle School, English Language translators and tutors, and special education tutors.

There is also an increase for afterschool activities.

Quincy School Supt. Dr. Richard DeCristofaro had previously explained that the additional funding would increase art, music, academic, special education, and English Language Learner programs as well as the middle school's Lead the Way program. Additionally, there will be more high school career education offerings, particularly at North Quincy High.

The additional funding will provide monies for more library books and the Quincy Historical Society's program for grades 3 and 4. The budget will also cover reductions in grants that funded nurses, the homeless coordinator and Quincy Evening High School.

Cont'd On Page 29

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Scenes From Yesterday

WINFIELD HOUSE. 853 HANCOCK ST., QUINCY 69. MASS.



THIS IS A 1940s postcard view of the Queen Anne styled Winfield House Restaurant that was at 853 Hancock St., Wollaston. Situated on nearly three acres of land, the house was built in the 1880s. It had been owned by a succession of prominent Quincy families when in 1937 Winfield and Lena Strout bought the property and moved their Rendezvous Cafe here from Wollaston Center. Widely known and very popular the restaurant had been open for 50 years when Mrs. Strout closed it

in 1987. For a while she ran a gift shop here and finally the property was purchased by Eastern Nazarene College. Expansion plans of the college at the time led to the demolition of the Winfield House in the 1990s. Today, the site of this former landmark is occupied by Central Middle School and a Howard Johnson by Wyndham Hotel.

From the Postcard Collection of Tom Galvin

Quincy's Yesterdays

This Week
1972
47 Years Ago

\$87,420 Approved For Storm Damage

The Office of Emergency Preparedness has approved payment of \$87,420 for damages in Quincy due to the Feb. 18-20 storm, Mayor Walter J. Hannon announced.

The amount includes funds for debris cleanup on the shoreline, roof repairs at the Thomas Crane Public Library and Quincy City Hospital, sewer and seawall repairs and other emergency work.

Mayor Hannon said an additional \$88,124 is pending approval for Black's Creek and Squantum marsh cleanup, repairs on Island Avenue as well as damages to Civil Defense equipment.

HOUGHS NECK MAN SAVES THREE FISHERMEN

Coast Guard Fireman James M. Craig, son of Mr. and Mrs. Theodore Craig, 19 Edgewater Drive, Houghs Neck, helped save the lives of three crew members of the sinking vessel, Prelude II, off the Long Island Coast. The Coast Guard Cutter Tamaros was able to tow the stricken vessel into a safe port.

QUINCYISMS

Miss Muriel Goudey, retired head of the Language Arts Department at Quincy High School and Vocational School, was named to a one-year term on the Thomas Crane Library Board of Trustees... Miss Pamela Roberts, children's librarian at the Thomas Crane Public Library, was awarded a \$500 scholarship raised by members of the Massachusetts Library Association. Miss Roberts was to begin her studies at the University of Rhode Island... Mrs. Timothy Murphy was re-elected president of the Morrisette Post American Legion Auxiliary... Barbara A. Sullivan of Quincy was named to Phi Beta Kappa national honor fraternity at the University of Massachusetts at Amherst... Members of the Quincy High School Class of 1922 attended their 50th reunion at the Neighborhood Club. Graduates came from as far away as Hawaii and the West Coast... Colonial Federal Savings, 15 Beach St., Wollaston, was offering a free set of Martex Towels when you open a \$50 savings account or add the same to your present account... The Rev. John M. Lurvey, Jr., and the Rev. Gwen Jones Lurvey, co-pastors of the Adams Shore United Methodist Church, was honored at a coffee hour. They will be leaving on July 1 to live in Los Angeles where the Rev. John Lurvey will be working on his doctorate... Dr. Carl Leander announced his retirement from the Board of Directors of Quincy Junior College due to ill health. Dr. Leander served as a councillor at-large in Quincy from 1927 to 1932... Joseph A. Cuniff was elected Commander of the Wollaston American Legion Post #295. He succeeded James J. Niland... Douglas R. Poutree, son of Mr. and Mrs. Ted Poutree, 10 Wilson Ct., North Quincy, was recently promoted to Warrant Officer... John J. Sullivan, New England Commissioner of the Federal Mediation and Conciliation Service, announced his candidacy for Register of Probate. He was appointed a Conciliation Commissioner by President Franklin Delano Roosevelt and has served in that position under five presidents... Econo Car Rental, 459 Southern Artery, Quincy, was offering car rentals: "\$7.00 for 24-hours plus 7 cents a mile"... Councillor at-large Joseph J. LaRaia, finance director for the MA Department of Public Welfare, announced his candidacy for the Democratic nomination for Norfolk County treasurer. LaRaia served seven years on the council, including two years (1964-65) as council president... Three Quincy residents graduated from secretarial courses at Katherine Gibbs School in Boston. They included: Deborah J. White, Mary Ann LaSelva and Helen M. Fitzgerald... Paul Varney of North Quincy was elected co-captain of the 1973 Milton Academy baseball team. Paul is the brother of Pete Varney, an outstanding catcher playing in the Chicago White Sox minor league system... Quarterback Bob McKay and end Jim Driscoll of North Quincy High School and running back Steve McCarthy of Quincy High School have been selected to play in the 11th annual Harry Agganis All-Star Game at the Manning Bowl in Lynn... Gregory Fallon of Wollaston announced his candidacy for the Democratic nomination for state representative in the third Norfolk District. Fallon, a graduate of North Quincy High School, is a student at Curry College majoring in political science... Barry's Delicatessen, 21 Beale St., Wollaston, offers a: "Service For All Occasions; Christenings, Home Weddings, Showers, House Parties, and Sales Meetings"... Miss Eleanor Larson, daughter of Mrs. Elizabeth W. Larson, 48 Prospect St., North Quincy, attended Girls State for a week at Bridgewater State College, representing the Wollaston Legion Post Auxiliary. Miss Larson is a junior at North Quincy High School.

Park Dept. Kid-Friendly Treasure Hunt Friday

The Quincy Park Department is offering a free kid-friendly summer solstice treasure hunt on Friday, June 21 at 7 p.m.

South Shore Quests has

installed a new quest at Mowset Hummock. Participants will be given an 8"x11" clue sheet to complete to find the treasure. Bring a pen or pencil, clip

board or book to provide support for writing and reading glasses if you need them.

Meet at the parking lot at the Hummock on East

Squantum Street across from the Kennedy Center.

For more information and rain date rescheduling, call 617-472-0799.

Highly Recommend 'Church Of The Presidents' Tour

Recently we had the great pleasure to accompany our students from the English Talk Time Program at the Thomas Crane Public Library on a tour of the United First Parish Church and the Adams family crypt.

It was a wonderful experience, beginning on the portico and learning so much about the development of the concept of the new temple and funding of the granite structure by John Adams,

the architectural design by Parrish, and symbolism and the interconnection between church and state during the early days of our founders. We learned wonderful information about the Adams political significance, personal relationships as well as the connections among the Adams, Quincy and Hancock families in the development of our country both on a local level and on the new nation's beginnings.

READERS FORUM

The students and we were very happy with the presentation of information in a ward, delightful manner by Bob Damon, the director of the visitors' program who brought the historical figures to life for us and made us feel more connected to our history and community. Many said the tour was a very good experience for

them and were interested in learning more.

We highly recommend this tour to everyone in the community, newcomers and longtime residents too. It's a delightful experience, and we wanted to share it with others.

Mimi Balsamo
and Betsy Lane
Quincy

Boston Should Make Plans For Long Island Clearer

As someone born, raised, educated and currently living in Boston, I also spent 25 years calling Quincy my home too. The bitterness being shown the City of Quincy is uncalled for by Boston City Hall.

Listening to the City of Boston talk, one would think, it was on the side of the angels and Quincy can go to you-know-where. Not a good way of establishing some sort of discussion and dialogue.

Boston had no alternative but to raze the crumbling bridge. The city then moved the homeless population living out there into a number of shelters in the city, including one across from the Boston Fire Headquarters on Southampton Street.

Today that whole area to the south of Massachusetts Avenue and Albany Street has become recognized as Methadone Mile. Hundreds of homeless mulling about the area and even expanding it toward both Andrew Square and Edward Everett Square. The City of Boston would want everyone to think, re-open the island via a new bridge and the vast numbers mulling about the Boston Medical Area will disappear. It won't.

When the homeless shelter on the island was up and running, every morning residents out there were bused into Mass Ave. and Albany Street where they remained until the buses came back later in the day for the return trip. How is going back to

that future helping any of these homeless, drug addicted and mentally ill souls get back to a real life before their demons took control of their minds and bodies.

A recovery treatment center sounds like a good idea but is the island also destined once again as homeless beds at night. Is it going to be a treatment center or a shelter or both. Boston needs to make its plans much clearer to everyone.

Painting the City of Quincy as stifling help to those out on the streets desperately needing help is unfortunate. The City of Boston has no land access to the island. Quincy does. Instead of pretending the Quincy is the problem will not fix this issue and is only generating

bad politics between two cities.

Also, discussing even at its earliest point the possibility that residential housing may end up on Long Island is an issue that needs to be tackled immediately. Quincy can't just be a road-way to Long Island. Boston has always treated Quincy not as an equal but as a bully of a big brother. Not the way to go.

Both sides must be treated as equals before any resolution to this story can be solved for not the good of either city but the good of the population most in need, those who are homeless, drug addicted and suffering from mental illness.

Sal Giarratani
East Boston

Quincy Organizations Receive Better Beach Program Grants

Save the Harbor/Save the Bay and the Department of Conservation and Recreation recently awarded \$10,000 in small grants to Quincy community organizations that will support free summer beach events throughout Quincy as part of Save the Harbor/Save the Bay and DCR's annual Better Beaches Program.

Grantees include Discover Quincy and the Friends of Wollaston Beach who will host events such as Kids' Fest, Movie Mondays, Tot Lot Tuesdays, Wolly Beach Wednesdays, and Harbor Tours.

In total, more than \$210,000 was awarded in Better Beaches Program grants. These grants will allow 37 organizations in nine communities to fund nearly 150 free events on the region's public beaches from Nahant to Nantasket in 2019.

Funds to support the Better Beaches Program come from DCR, JetBlue and the proceeds of the Harpoon Shamrock Splash fundraiser. Since Save the Harbor/Save the Bay began the Better Beaches Program partnership with the Department of Conservation & Recreation in 2008, they have awarded almost \$900,000 in small grants to support nearly 500 events on the region's public beaches for kids and families in Lynn, Nahant, Revere, Winthrop, East Boston, South Boston, Dorchester, Quincy and Hull.

This year's grants will see the return of many well-attended events from previous years, along with some newly funded events. Grants support concerts, kayaking, family beach festivals, youth beach parties, songs and stories by the sea and art on the shore along with

several other beach related activities. All events funded by these grants are free to the public and are hosted in the region's beachfront communities of Lynn, Nahant, Revere, Winthrop, East Boston, South Boston, Dorchester, Quincy and Hull, bringing more than 1 million people to the beach.

"Each year we look forward to these great events that get people excited about going to the region's public beaches," said Save the Harbor President Tani Marinovich. "The beaches are our most important natural resources, but also serve as a cultural resource that helps connect communities and bond neighborhoods."

"Contained within the state parks system are incredible 'close to home' beaches that provide excellent recreational opportunities for visitors and their families to enjoy," said Department of Conservation and Recreation Commissioner Leo Roy. "The Baker-Polito Administration works incredibly hard at fostering strong partnerships with stakeholders like Save the Harbor/Save the Bay in an effort to increase access and provide unique programming at state beaches and other natural resources."

With the support of The Boston Circus Guild and JetBlue, this year's line-up also includes 10 free Life's A Beach Festivals, featuring trapeze artists, acrobats and jugglers, as well as costumed storytellers, performing pirates, a community art project by Save the Harbor's artist in residence Robin Reed and mandalas in the sand by intertidal artists Andres Amador.

For more information visit Save the Harbor/Save the Bay at www.savetheharbor.org.



FRIENDS OF WOLLASTON Beach and Discover Quincy recently received \$10,000 in grants from Save the Harbor/Save the Bay and the Department of Conservation and Recreation. The money will support free summer beach events throughout Quincy. From left to right: Michael "Mooch" Mucciolo of the Boston Circus Guild; Tani Marinovich, Save the Harbor/Save the Bay president; Bob Verney and Maureen and Michael Mazzimas of the Friends of Wollaston Beach; Joseph Newman of National Grid and Save the Harbor/Save the Bay Board chairperson; Chris Mancini, vice president of Save the Harbor/Save the Bay and Molly Baechtold of the Boston Circus Guild.

Photo Courtesy Save the Harbor/Save the Bay

Farmers Market Season Starts Friday

The Quincy Farmers Market begins season 37 on Friday, June 21 and runs through Nov. 15 at Pageant Field in Merrymount Park.

Two dozen vendors throughout the season are complemented by a weekly lineup of live music and ready-to-eat food for lunch or take home.

Agricultural vendors feature vegetables from Frietas Farm of Middleboro and Stillman's Farm of New Braintree; Golden Rule Honey of Leominster; Ackerman's Maple Syrup of Cabot, Vermont; Ponderosa Paca Alpaca Farm of Middleboro; and Mike Alto Eggs from Pembroke. This year two Quincy schoolteachers, who happen to be home gardeners, will be

at the market selling their "A+" produce.

Lunch and take-out include Bonez Brothers Barbecue, Boston Small Batch sandwiches & Bacon and wash it down with DL's Fresh Squeezed Lemonade of Providence. For desert enjoy Townie Frozen Desserts' vegan sorbets, ice creams, and toppings of Hull and Keegan's Kreations French Pastries. You can pick up food to make at home including Pasta and sauces by Lara's Cuisine of Duxbury, Coorg Coffee from India & Sutton, and nearly fifty varieties of preserves from Grateful Tastes jams and jellies from Lowell.

Weekly head counts last season demonstrated participation in the range of 500-1,400 people, approaching 15,000 visits in the season. It is one of the largest, secular, intercultural, weekly community gatherings in Quincy and perhaps on the South Shore.

Even on a rainy day, the market will see 500 patrons. One reason is that over a 100 families in Quincy share the risk of farming in New England, by participating in the Community Supported Agriculture (CSA) program. These Quincy families pay for most of their summer and fall season's vegetable budget in the previous winter. The farmer gets the money when they need it for capital improvements, preparation and planting. Then, when the market opens in June, the farmer packs their box each week for 22 weeks, with fresh vegetables that they will eat; the farmer plants a diverse crop and that is why they keep coming back. If a crop

fails or there is a catastrophic loss at the farm the CSA patrons share the loss. The latter has never happened in the decades of offering the program, although particular varieties have been lost and substituted by other varieties.

The current volunteer managers of the market began their affiliation in the 2000s as CSA members.

"We came to realize that getting a box with varieties chosen by the farmer had three benefits for us," said Market Manager Janet Little. "First, it is definitely the cheapest way to buy vegetables at a farmers market. Secondly, we were exposed to varieties of vegetables we never knew about and expanded our cooking repertoire. Thirdly, we grew closer to the family making a go of it as farmers in New England. Farming is not an easy life, but it is a beautiful one. Through the CSA and the related communications we follow what is happening on the farm and in the family and we feel very blessed to be invited inside their story."

Last year the market crowd reached 1,450 during the Quincy Children's Business Fair which is run under the Market's license by Nick Romano of the Acton Children's Business Fair network. www.childrensbusinessfair.org/. The business fair is designed to give children a taste of entrepreneurship at an early age. This year the fair is scheduled for Aug. 23rd. Thirty young entrepreneurs are expected to be selling their goods and wares.

Throughout the summer there will be live music

from noon to 4 p.m. Mike Delaney, a Quincy resident, organizes the music with a diverse line-up of performers from Roslindale Open Mike. This year's lineup includes the return of Haley Hewitt on the harp, folk music by Chris Páidú, singer song writers Junko Ogawa and Branson Bofat, The Tritones with Mike Delaney, Chris Lee and Karen Sauer, as well as the Quincy Boyz, Steve Folino and Mike Costa. The market welcomes a new performer this year, Cynthia Robinson and her band.

Market Manager Janet Little is a retired special needs teacher who spent most of her career at the Montclair School.

"I run the market to honor my father, Harold 'Pete' Little who was a dairy farmer in North Carolina and also to continue my family's tradition of community service," Little said. "Harold and Priscilla Little have a park in Houghs Neck named after them for their service to the community. Co-manager Kevin Dye was a Special Needs student whose grandfather ran an inner-city bakery for 50 years. Kevin has helped dozens of people build their businesses. The market has stewarded a Rural-Urban partnership and entrepreneurship for almost four decades in its role of regional economic development."

For more information, to participate in the leadership of the market, or to help start a cottage-industry business contact: janet.little@comcast.net, 339-225-2607, www.quincyfarmersmarket.com, facebook.com/quincyfarmersmarket.

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QATV

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Public Access Channel 8

Thursday, June 20
5:00pm: Bethany Congregational Church
6:00pm: NQHS Graduation

Friday, June 21
11:30am: LIVE: Currently in Quincy
8:00pm: Flag Day Parade & Ceremony

Saturday, June 22
6:30pm: NQHS Graduation
8:30pm: QHS Graduation

Sunday, June 23
11:30am: Good News
3:00pm: QHS Graduation

Monday, June 24
11:30am: LIVE: Currently in Quincy
6:00pm: On Q

Tuesday, June 25
6:00am: LIVE: AM Quincy w/Joe Catalano
7:30pm: Quincy in Focus

Wednesday, June 26
6:00pm: Good News
9:30pm: Sound Advice

Government Access Channel 9

Thursday, June 20
12:00pm: City Council 6/17
Downtown, Finance & Public Hearings
7:00pm: Legislative Update: Rep. Bruce Ayers
7:30pm: State View: Senator John Keenan

Friday, June 21
7:30pm: Memorial Day Parade & Ceremony
8:00pm: On Q: QHS Magazine Show

Saturday/Sunday, June 22/23
11:00am: At Your Library: June Happenings
12:00pm: City Council 6/17
Downtown, Finance & Public Hearings
7:00pm: City Council 6/17
Downtown, Finance & Public Hearings

Monday, June 24
6:30pm: FYI: QHD Ticks
7:00pm: Quincy Firefighters Memorial

Tuesday, June 25
6:30pm: FYI: QHD Tanning

Wednesday, June 26
7:00pm: NQHS Graduation
9:00pm: QHS Graduation

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

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Social



THIRTEEN LOCAL RESIDENTS were recently inducted into Interfaith Social Services' Matti Lang Hall of Fame. Volunteers have given their time regularly for at least one year. Front row: (left to right) Robin Anderson of Quincy, Kathy Collins of Quincy, Interfaith's Director of Development; Paula Daniels of Norton and Angela Ryan of Quincy. Back row: (left to right) Diane Mulkern of Milton, Robert Slack of Quincy, Ron Collins of Quincy, Kelly Clasby of Plympton, Emily Ryan of Milton and Terrel Harris of Braintree. Photo Courtesy Interfaith Social Services

Volunteers Inducted Into Interfaith Social Services' Hall Of Fame

SIGNET Electronic Systems Community Partner Of The Year

Thirteen South Shore residents were recently inducted into Interfaith Social Services' Matti Lang Hall of Fame. The volunteers were honored at a Volunteer Appreciation Night at the Quincy Elks Lodge on June 4.

SIGNET Electronic Systems was also honored at the event for their exemplary commitment to volunteerism.

Interfaith Social Services operates one of Greater Boston's largest emergency food pantries, a mental health counseling center, Thrift Shop and homelessness prevention program. Since 1947, Interfaith Social Services has been a safety net for thousands of children and families from the South Shore who are struggling to make ends meet.

Volunteers are the heart and soul of Interfaith's programs, and the Hall of Fame recognizes those who have served at Interfaith regularly for at least one year. The Hall of Fame is named after one of Interfaith's most dedicated volunteers, Matti Lang, who gave decades of his life selflessly serving Interfaith's clients.

This year's honorees include: Braintree resident Terrel Harris; Milton residents Diane Mulkern and Emily Ryan; Plympton resident Kelly Clasby; and Quincy residents Robin Anderson, Pamela Baker, Kathy & Ron Collins, Theresa Kerrigan, Rayne O'Gara-Pratt, Isabella Oliveri, Angela Ryan and Robert Slack.

In addition to the Hall of Fame induction, Interfaith also honored their 2019 Community Partner of the Year, SIGNET Electronic Systems. This award honors businesses or organizations that have demonstrated an outstanding commitment to volunteerism.

SIGNET has been a corporate partner of Interfaith since 2014. They've consistently provided a volunteer group to Interfaith's food pantry each month for the past five years. SIGNET's volunteers have filled orders in the food pantry, tended Interfaith's vegetable garden, distributed holiday gifts, participated in the annual Stop the Stigma 5K and assisted with numerous seasonal initiatives.

"SIGNET's efforts to instill a culture of service and community engagement amongst their employees have made a measurable impact on Interfaith and those we serve," said Paula Daniels, Interfaith's director of Development.

Kelly Clasby, director of Human Capital Management, attended the event

with a group of SIGNET employees and accepted the award on behalf of SIGNET.

"It wasn't until I became a member of the SIGNET team that I realized the true importance of giving back and what a difference one person can make - especially with the support of an entire organization behind them," said Clasby. "SIGNET's commitment to its community and to Interfaith specifically, rejuvenated my desire to be part of something good."

Volunteers at Interfaith Social Services commit to a three-hour shift per week. Shifts are available Monday-Friday, between 9:30am and 7pm. Opportunities include working in the Bureau Drawer Thrift Shop, assisting in food rescue operations, filling orders for clients in the food pantry, manning the front desk, and stocking and inventorying the pantry.

Those interested in volunteering at Interfaith Social Services are encouraged to contact Paula Daniels at 617-773-6203 ext. 28 or pdaniels@interfaithsocialservices.org.



SOUTH COVE MANOR at Quincy Point recently held its annual meeting and dinner "Forging Our Future" at China Pearl restaurant in Quincy. Speakers included (l-r): Mayor Thomas Koch, South Cove Manor CEO Bill Graves, founder and board member Helen Chin Schlichte, House Ways and Means Chairman and keynote speaker Aaron Michlewitz, State Rep. Tackey Chan, South Cove Manor Chairperson Richard Lui. Photo Courtesy South Cove Manor

South Cove Manor Holds Annual Meeting

South Cove Manor at Quincy Point, a non-profit rehabilitation and care community, recently held its Annual Meeting and Dinner "Forging Our Future" at China Pearl Restaurant, 237 Quincy Ave., Quincy.

Board Chair Richard Lui opened the meeting stating, "Our meeting theme 'Forging Our Future' speaks to both our focus and our accomplishments of the last year. We have strong leadership, highly effective management and clinical teams, and a detailed plan for continuing to build our organization's capacity."

Mayor Thomas Koch followed with welcoming remarks and state Rep. Tackey Chan, 2nd Norfolk district, introduced guest speaker

Aaron Michlewitz, state representative, 3rd Suffolk district, and chairman of the House Ways and Means Committee. President and C.E.O. Bill Graves thanked Chairman Michlewitz and Rep. Chan for their support of quality care for frail and vulnerable older adults.

In addition to remarks by Chairman Michlewitz, highlights of the meeting included the Schlichte Learning Center/South Cove Manor Nursing Facilities Foundation Scholarships to support employees' professional growth and advanced training. Scholarships were awarded to Kevin Liaw, L.P.N., Quoc Thang, I.T. manager, and Shirley Van R.N., and recognition was given to Oi Lai Li, Yan Zhu

Liu, and Lang Rong Mei for achieving ServSafe certification in food safety, a program supported by the scholarship program.

Ting/Mugar Outstanding Leadership Awards were presented to Oi Lai Li, Yu Xiu Chen, Yan Zhu Liu, Yan Hua He, Bi Yu Liu and Jie Yun Wu for demonstrating leadership that advances personalized care and inspires excellence and teamwork.

Founded in Boston in 1985, South Cove Manor moved in 2014 to a new and expanded state-of-the-art campus at 288 Washington St. in Quincy. The new campus expanded South Cove's rehabilitation capacity and created a series of small resident communities for elders.

Fourth Annual PorchFest Saturday Features Over 100 Performances

The fourth annual PorchFest will be held Saturday, June 22, from 3 - 9 p.m. and feature over 100 performances on porches Squantum, Merrymount, and Wollaston Hill.

An estimated 10,000 people are expected to enjoy the music throughout the three neighborhoods.

"This event is organized entirely by a small group of dedicated volunteers, without whom this event would

never happen," said event Co-Founder Walter Hubley. "We are so thankful for their efforts on behalf of talented artists whose music styles from various genres including country, rock, alternative, classical, and easy listening."

Hubley continued, "We are still working on the concession options but will be featuring a few beer gardens pouring local craft beer and the Wahlburgers will be

there as well."

The performance schedule will be published on the PorchFest website a few days before the event, which attendees can download and print. There will also be an interact mobile website attendees can use to plan your walk through the festival.

For more information, visit www.porchfestquincy.org or email info@porchfestquincy.org.

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WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Potato Croquets

By MARIE

Today's recipe is a great way to use up left over mashed potatoes. Naturally you can also make this recipe from scratch.

It is a great addition to have for breakfast with bacon and eggs or any other breakfast treat.

RECIPE AND DIRECTIONS:

2 cups mashed potatoes
1 egg
1 teaspoon salt
½ teaspoon black pepper
1 tablespoon chopped parsley

1 tablespoon Parmesan cheese
¾ cup bread crumbs
1 egg beaten with 1 tablespoon water
3 tablespoons of vegetable oil

Thoroughly mix potatoes, add one of the eggs, salt, pepper, parsley, and cheese and shape into small balls.

Dip balls in bread crumbs, then into egg and water mixture and again in the bread crumbs.

Let stand on waxed paper 20 minutes. Sauté in vegetable oil and brown on all sides.

P.S. Add more oil if needed.

Mexican Style Quinoa

By SUSIE

Many times I hear from patients that they do not like quinoa. When we start discussing it, it usually, if not always, ends up that they simply boil it in water and plop it on a plate!

You wouldn't serve rice or pasta that way and expect it to taste good.

Here is a great and easy recipe for a quinoa dish that everybody loves. It is flavorful and packed with nutrients.

Quinoa is an ancient grain of the Peruvians who used the grain for stamina and energy. It is very easily digested as well.

2 tablespoons olive oil
1 cup uncooked quinoa, rinsed well and drained (it must be rinsed to avoid a bitter taste)
1 medium onion, chopped

3 cloves garlic, minced
1 red pepper, chopped
1 can tomato sauce (8 oz)
2 1/2 cups broth (I use chicken or vegetable)
2 tsp chili powder
1 tsp cumin
sea salt
fresh cilantro, avocado, salsa for topping

Simply sauté onion, pepper, and garlic in a saucepan until fragrant. Add quinoa and toss to coat for a few minutes. Now add the broth, tomato sauce, and dried herbs.

Stir, cover, and simmer until liquid is absorbed, about 15 minutes.

Season to taste with sea salt and toss with cilantro.

Serve with sliced avocado and salsa. Enjoy!

Quincy Art Association Classes For Adults, Children

The Quincy Art Association is offering summer art classes for both adults and children.

Classes include beginner's drawing, watercolor, oil and pastel painting, clay, workshops and more.

Children's camp and

open studio also this summer. Registration is now open.

Discount rate applies to classes for members. Start dates vary and classes start July 8.

Visit the QAA website

www.quincyartma.com for class registration and membership information.

For more information contact the Quincy Art Association at quincyartma@yahoo.com or 617-770-2482.

Quincy Lodge Of Elks Scholarship Awards Ceremony June 27

The Quincy Lodge of Elks #943 will hold its annual Scholarship Awards Ceremony on Thursday, June 27.

More than 50 college-bound high school seniors will receive an award and financial assistance this year from the Elks.

Guest speaker for this year's ceremony is Michael

Bellotti, president of Quincy College and former sheriff of Norfolk County. Bellotti will address the recipients and present their awards alongside Exalted Ruler Frank Bertoni and state Rep. Bruce Ayers, chairman of the Elks Scholarship Committee.

The ceremony will be held at the Tirrell Room and

is open to all members of the Quincy Lodge of Elks, as well as the scholarship recipients and their families. The event begins at 7 p.m. Dinner will be served.

For more information on the Quincy Lodge of Elks scholarship program contact Bruce Ayers at brucej.ayers@yahoo.com.

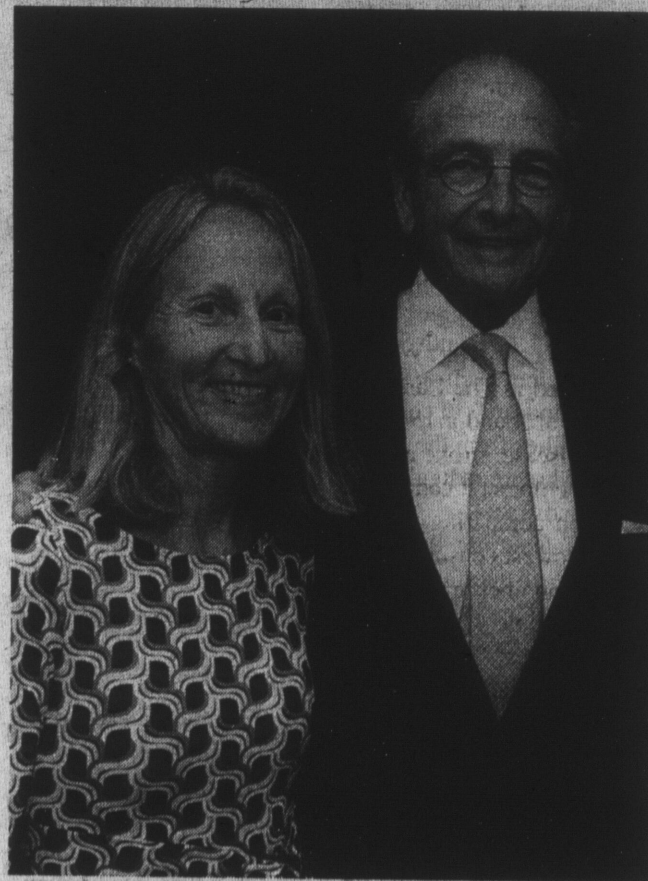
Boston Health Care For The Homeless Honors Mayor Walsh, Paul English At Gala

Boston Health Care for the Homeless Program (BHCHP) honored Mayor Martin J. Walsh and entrepreneur-philanthropist Paul English at its Medicine that Matters gala on May 20 at the Renaissance Boston Waterfront Hotel.

Among the guests attending the gala were Quincy residents and BHCHP Dinner Committee members Mary and Joe D'Arrigo.

Mayor Walsh received the program's esteemed Dr. Jim O'Connell Award for his dedication to protecting and promoting the health and well-being of every Bostonian, especially our most vulnerable and those suffering from substance use disorder. English received the program's highly regarded Tim Russert Award for his activism and philanthropy — particularly in the area of homelessness — that is rooted in his belief that compassion must be accompanied by action.

"We are proud to be honoring two very good friends of BHCHP, who, in different, but equally critical ways, have been stalwart supporters of our patients and our work," said BHCHP CEO Barry Bock.



QUINCY RESIDENTS and BHCHP Dinner Committee members Mary & Joe D'Arrigo, attending the BHCHP's 10th anniversary "Medicine that Matters" gala at the Renaissance Boston Waterfront Hotel, on May 20th. The sold-out event raised over \$1 million, while honoring Boston Mayor Marty Walsh.

Photo Courtesy BHCHP

The gala, which raised over \$1 million was attended by 660 people and emceed by Karen Holmes Ward, host of WCVB's CityLine and director of public affairs at the station. The dinner's co-chairs were Dan Koh, a

partner with HqO and Amy J. Sennett, Head of Legal at Catalant Technologies. Honorary co-chairs were Governor Charlie Baker & First Lady Lauren Baker, Eileen & Jack Connors and Jean C. Tempel.

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Heartburn: Causes And Remedies

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Heartburn is a burning sensation in the center of the chest behind the breastbone and in the middle of the abdomen. It happens when acid and other contents of the stomach travel up the esophagus and irritate the tissues. A defective stomach valve allows acid and stomach contents to leak out and cause the burning sensation.

Roughly 60 million Americans experience this condition at least monthly. Approximately 15 million Americans suffer from it daily. Consuming spicy foods and overeating are frequent triggers of the symptoms. Indigestion is another term for heartburn.

When you swallow food, it travels down the esophagus and passes through a muscular ring identified

as the lower esophageal sphincter (LES). This structure opens to allow food to pass into the stomach and is supposed to remain closed to keep stomach contents from moving back up. If the valve is weak or damaged, it may open and allow stomach contents and acid to travel back up, or reflux, into the esophagus causing burning, irritation, and pain.

Acid reflux is the main symptom of gastroesophageal reflux disease (GERD), but GERD is linked with other symptoms such as nausea, dry cough, hoarseness, sore throat, trouble swallowing, and a feeling of a lump in the throat. Reflux can generate shortness of breath, asthma attacks, and chronic cough. Chest pain caused by reflux can mimic chest pain that occurs during a heart attack. A healthcare provider can usually diag-

nose reflux easily by asking a patient to define their symptoms.

Anyone can experience heartburn, but particular factors make a person more prone to developing the condition. Those at increased risk for the condition include pregnant women, those who are overweight or obese, and those who smoke or who are exposed to secondhand smoke. Certain medications increase the risk, as well as, wearing clothes that are too tight.

There are many remedies to prevent heartburn symptoms at home.

- Eat small meals to avoid overeating.
- Do not eat within 3 to 4 hours of your bedtime.
- Allow ample time to digest your food so stomach contents cannot back up into your esophagus at night.

You want to go to bed with your stomach empty. If you eat before bed, acid and food may travel up the esophagus when you lie down and result in burning.

Raise the head of your bed by approximately 6 to 8 inches to allow gravity to work to your advantage to assist stomach contents to remain where they belong.

If you are prone to acid reflux, avoid eating spicy foods, acidic foods, and other foods that trigger reflux because they relax the LES. Known trigger foods include tomatoes, garlic, citrus fruits, onions, chocolate, peppermint, and fatty foods.

Just as foods can elicit heartburn symptoms, so can consuming certain beverages. Tomatoes and citrus fruits and juices may provoke reflux. Other beverages that may aggravate reflux include tea, coffee, alcohol, and sodas and carbonated beverages. Keep in mind some people may be able to consume these beverages without a problem but some people may find drinking them brings on symptoms.

Though attaining adequate exercise is important in maintaining general health, the type of physical activity you engage in may influence your acid reflux symptoms. Exercises that increase abdominal pressure may force stomach contents back up into the esophagus. Yoga poses that invert the body, like downward dog and headstands may aggravate symptoms. Abdominal exercises, such as crunches, increase intra-abdominal pressure and may cause reflux.

Nighttime reflux is particularly dangerous because stomach acid may come into contact with the esophagus for multiple hours while

sleeping, damaging and eroding the tissue.

People spend about one-third of their lives sleeping, so it is vital to sleep in a way that makes gravity work and keeps stomach acid where it should be. Put wooden planks under the head of your mattress to raise your head by about 6 to 8 inches or sleep on a wedge pillow or with multiple pillows under your head.

Additionally sleeping on your left side may be better for preventing reflux than sleeping on your right side.

Lifestyle changes can have extraordinary effects on acid reflux symptoms.

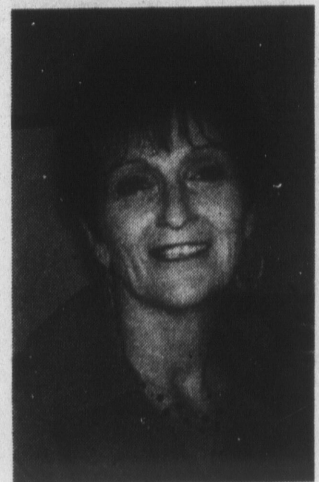
- Tight-fitting clothing puts pressure on the abdomen and may force acid and food in your stomach up into your esophagus.
- Avoid wearing tight pants, belts, shapewear, and constraining clothing that place pressure on your abdomen.
- Wear loose-fitting pants and other types of clothing to allow ample room to en-

courage proper digestive function.

Antacids are medications that neutralize stomach acid. They are one type of over-the-counter treatment to alleviate the burning feeling and are a good choice if you have occasional heartburn and mild symptoms.

However, do not overuse antacids or take more than is directed on the label as this may result in side effects including constipation or diarrhea. H2 blockers are another treatment option for heartburn relief. They are available over-the-counter and by prescription. This medication blocks the production of stomach acid. H2 blockers should be taken 30 minutes prior to meals to be most effective.

Additionally H2 blockers help heal the esophagus, reversing damage done by stomach acid. Examples of H2 blockers include ranitidine (Zantac), cimetidine (Tagamet), nizatidine (Axid), and famotidine (Pepcid).



RUTH JONES

Proton pump inhibitors are medications that decrease the amount of stomach acid that the stomach produces. They need to be taken on an empty stomach. Examples of PPIs include lansoprazole (Prevacid), pantoprazole (Protonix), esomeprazole (Nexium), omeprazole (Prilosec, Zegerid), and Rabeprazole (Aciphex).

The type of heartburn treatment that is right for you is dependent on an array of factors. Your provider can assess your condition and make an appropriate treatment recommendation.

Ruth Jones is the health commissioner for the City of Quincy.

Dear Dietitian

By LEANNE McCRATE
RD, LD, CNSC

Dear Dietitian,

I just read an article that said eating a high fiber diet helps prevent colon cancer, but other articles on this topic have said the opposite. This is frustrating and confusing! Can you help clear things up?

Dear Joe,

Scientific studies are often confusing because the results are different. Before something becomes clear in science, it has to be tested several times in different cultures in different parts of the world. It must also be tested on men and women and people of different ages. The studies must reveal the same results in order to be accepted as true by the scientific community. Sometimes this takes several years.

The reason nutrition studies seem even more confusing is because nutrition is in its infancy. We have barely scratched the surface on most nutrition topics. When a new topic is studied, results often vary until the matter is "hammered out." The good news is we are learning more about nutrition than any other time in history.

This particular study of fiber and disease prevention was commissioned by the World Health Organization (WHO) and reported in The Lancet in January of 2018. Reynolds, Mann, et. al found a 15-30% decrease in total death, rates of heart disease, stroke and deaths related to strokes, type 2 diabetes, colorectal cancer, and deaths related to heart disease when comparing the highest dietary fiber consumers with the lowest consumers. It is important to note the study was done on fiber in food, not supplements. Also, the study included people who did not already have the before-mentioned diseases.

The target range of fiber intake is 25 - 29 grams per day. This is about twice the amount Americans eat each day. When increasing fiber, do so gradually and drink plenty of water. Otherwise, you may feel uncomfortable, and the gas your body produces may make you unpopular.

Good sources of fiber include fruits, vegetables, and whole grains, and as always, I recommend eating foods you really enjoy. Start with a high fiber cereal, one with 5 g of fiber or more per serving. Add 3 fruits each day to increase fiber by another 12 grams. You're already up to 17 grams! Next, have 2 slices whole wheat bread on your sandwich for another 2 grams. Add ½ cup beans (7g) to your lunch. Finally, enjoy ½ cup green peas (4g) at dinner and you have 30 g total fiber for the day. Bon appétit.

Sincerely,

Dear Dietitian

Leanne McCrate, RD, LD, CNSC, is an award-winning Registered Dietitian with over 17 years of experience.

Have a nutrition question?

Email her at deardietitian411@gmail.com.

5K To Crush Substance Abuse Oct. 19

The third annual Mike's 5k to Crush Substance Abuse will take place on Oct. 19 at 10 a.m. in Milton.

Walkers and runners of all ages and abilities are welcome to participate.

This is a family-friendly event; children in strollers and dogs are invited. The

event raises money for substance abuse prevention and treatment programs.

In 2018, \$75,000 was donated to Bay State Community Services, the Boston Bulldog Running Club, the Gavin Foundation, the Grayken Center at Boston Medical Center and the Mil-

ton Substance Abuse Prevention Coalition.

Doors at the Cunningham and Collicot Schools on Edge Hill Road in Milton will open at 9 a.m. and the 5k begins promptly at 10 a.m.

Register at mikes5k.racewire.com.

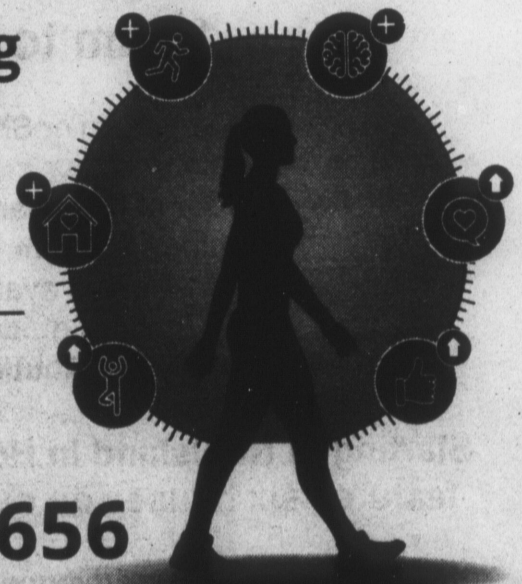
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Frank Rubino Councillor At-Large Candidate

Frank Rubino, a Quincy Point resident, announces his candidacy for city councillor at-large in this year's election.

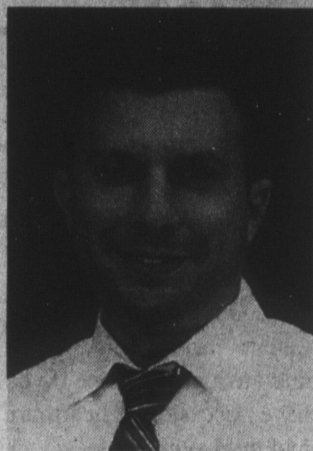
Originally from Burlington, Rubino moved to Quincy in 2013.

"At first I moved here just to be closer to work, but I found Quincy to be such a welcoming community, I decided to settle here," Rubino said.

Very active in the community, Rubino served as a volunteer income tax preparer for Quincy Community Action Programs (QCAP), and vice chairperson of the Ward 2 Civic Association.

Rubino has been instrumental in expanding the footprint of Quincy's LGBT community in recent years, having served as organizer of LGBTQuincy Meetup, and treasurer of Quincy's annual LGBT Pride festival.

Rubino is also an active member of Quincy Access Television (QATV) where he produced and starred in tutorials on various personal finance topics. "Personal financial planning is such a crucial life topic. I was hap-



FRANK RUBINO

py to hear that this is being taught in the Quincy School System," Rubino said.

Rubino earned a B.S. in Business/Finance from Southern New Hampshire University in 2008, and an M.B.A. from Bentley University in 2013. He has eight years experience as a financial analyst in the private sector, where he performed complex budgeting, financial forecasting, revenue and expense tracking, proposal pricing, and project finance. Rubino currently works as an analyst for the MBTA.

If elected, Rubino said one of his top priorities will be advancing the project to re-build Quincy Police

Station as a comprehensive public safety complex. "Our police station is falling apart," Rubino said. "The building is 94 years old. The HVAC system is unreliable. The plumbing is so old, it can no longer be repaired. There's water damage everywhere. Buckets collect rainwater dripping from the walls and ceilings. It's unacceptable for a Police Station to be in this sort of condition. Our growing city needs an up to date, state of the art, fully functioning public safety complex," Rubino said.

On the issue of traffic, Rubino said:

"I feel like traffic has been an issue for at least five years now. The new adaptive traffic signal system is impressive, but we also need to find solutions for our most dangerous intersections, such as Quincy Ave. and Faxon Park Road, Southern Artery and Broad Street, and the intersection of Willard, Steadman, and Quarry streets."

Rubino said he would also like to see Quincy expand its ferry service to and from Boston. "Water trans-

portation is environmentally friendly, requires little in the way of infrastructure, runs in most weather conditions, and is just as fast as cars and buses," Rubino said. "Quincy should have year-round, full time ferry service."

Other issues Rubino said he plans to tackle if elected include passing new initiatives to protect the environment, curbing the city's excessive residential real estate development, and keeping taxes and spending in check.

In the coming weeks and months, Rubino said he plans to canvass Quincy's neighborhoods introducing himself to residents. "Don't be surprised if I show up at your door," Rubino said. "I want to meet as many residents as I can. I look forward to hearing everyone's thoughts about our city."

The Committee to Elect Frank Rubino will host a campaign kick-off event on Tuesday, June 25th at 6:30 p.m., at Cagneys located at 214 Washington St. All are welcome to attend.

Rubino can be reached at frank.rubino543@gmail.com or 617-755-6908.

Social Security Matters

Ask Rusty – Couple With Age Differences Planning Benefits

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I am nearing my full retirement age of 66 and given the differences in age of my wife and I, and the retirement benefits we will each receive; I was wondering what the best options are for us claiming SS and when. I am 65 and will turn 66 (my full retirement age) in September and my benefit then will be \$2347/month as per the latest estimate on the SSA website. My Wife is currently 58 years old. Her full retirement age is 67, which will be in January 2028. Her estimated SS benefit at full retirement age will be \$2498/month. I have read some things regarding being able to defer one of the benefit payments and receive the other (higher) amount based on certain criteria. I'm not sure if it would apply or be of benefit to us but was wondering if it would. I am looking for the best options to receive the most in benefits that would apply to us. **Signed: Planning Ahead**

Dear Planning: I think you're referring to the "restricted application" which can be used to collect spousal benefits while allowing your own to grow, but I'm afraid that is not something you can take advantage of. It's an option not available to your wife because her birth year is after the cutoff imposed for that option by the Bipartisan Budget Act of 2015, and it's not available to you because your wife isn't yet eligible to collect Social Security on her own work record.

You have the option to take your full benefits in September at your full retirement age (FRA) or, if it's financially feasible, you may also choose to delay past your FRA to claim. If you delay past your FRA you'll earn Delayed Retirement Credits (DRCs) of 2/3rds of 1% per month of delay (8% per year of delay) up until age 70 when your benefit would be 32% more than it will be in September. Whether that's a good choice for you depends upon how badly you need the money right now, and your health and expected longevity. If you enjoy at least average longevity (mid-80s) then you'll get the most in cumulative lifetime benefits by waiting until age 70 to claim.

Your wife cannot collect Social Security benefits until she reaches age 62 in 2023. If she claims at that time she'll be automatically deemed to be filing for both her own SS retirement benefit and any spousal benefit she might be due from your record. However, given the benefit estimates you've shared she'll not be eligible for a spousal benefit from you (nor will you be eligible for benefits from her). Spousal benefits are only paid if 50% of the higher earner's benefit at FRA is more than the lower earner's FRA benefit amount. Since neither of you will be eligible for a spousal benefit, your wife should also consider delaying past her full retirement age if her personal and financial circumstances at the time permit. To do so, she will gain 24% more benefit at age 70 than she would get at her full retirement age of 67.

So, for both of you to achieve the most you can get, the longer you both delay past your respective full retirement ages the more your benefit will be, up to age 70 when the maximum is reached. Since your wife won't reach her FRA until January 2028 but will be eligible to apply for benefits in 2023, be aware that if she applies before her FRA her benefit will be reduced (according to the number of months before her FRA that she applies), and that if she starts her benefits before her FRA and continues to work, she'll be subject to Social Security's earnings limit. The earnings limit changes annually, so I can't tell you what it will be in 2023, but it will be more than the 2019 limit of \$17,640.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit the website amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Kids' Fest June 29 At Wollaston Beach

Between Joseph Brett Bath House And Wollaston Yacht Club

The Friends of Wollaston Beach will host Kids' Fest Saturday, June 29 from 1 to 4 p.m. on Wollaston Beach between the Joseph Brett Bath House and Wollaston Yacht Club.

The event will feature a series of age-appropriate in-

flatables, 5 in 1 Sports Center, Gaga ball, glitter tattoos, face painting, prizes, and a DJ with music to facilitate games and dancing.

The Kids' Fest will also include:

- Touch tank with Save the Harbor's Youth Environ-

mental Education Program staff.

- Changing Course, an interactive art activity with environmental artist Robyn Reed who takes an innovative approach to recycling by using plastic water bottles collected from the

region's beaches and waterfront to create art installations that transform this reclaimed plastic waste into an interactive representation of marine life.

- Performers from the Boston Circus Guild – including an aerialist, hula hooper, and an acrobat pair.

- A costumed storyteller who will be bringing to life Eleanor Creesy who was the navigator on the clipper ship Flying Cloud which set the record for fastest voyage from New York City to San Francisco around the tip of South America – a record that held for more than 135 years.

Six Quincy Students On Stonehill Dean's List

Six students from Quincy are on the Dean's List for the spring semester at Stonehill College in Easton.

They are:

Courtney Campo, a member of the Class of 2019; Molli McNeil, a member of the Class of 2019; Jaclyn Shuttleworth, a member of the Class of 2020; Yasmine Sudhu, a member of the Class of 2020; Colleen Stravin, a member of the Class of 2021; and Grace Stone, a member of the Class of 2022.

Houghs Neck Garden Club of Quincy presents

Summertime by the Sea House Tour
Saturday, June 22, 2019
10 am to 2 pm

Rain or Shine

Day of Tour at Nut Island, 149 Sea Ave.,
Quincy 9:30 am - 12:30 pm

Tickets available

Pick up guidebook

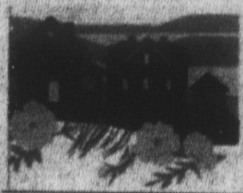
Refreshments, Boutique and Raffle

Starting at Nut Island in Houghs Neck, the tour features six houses on our scenic peninsula.

Tickets: \$25 in advance, \$30 day of tour.

For more information or tickets:
call Carol at 617-471-2886 or
Patti at 617-471-9771.

Tickets will also be available at
Bernie's General Store,
1147 Sea St., Quincy.

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License Board: Bars, Restaurants Can Use Patios Year-Round

By SCOTT JACKSON

Patrons at Quincy bars and restaurants can now celebrate New Year's Eve and Saint Patrick's Day on outdoor patios and decks.

The Board of License Commissioners voted 5-0 on June 11 to grant all establishments with licensed outdoors seating areas, of which there are 33 in the city, permission to use that space throughout the year. Any conditions the board imposed on those establishments' outdoor spaces — such as the hours they can use the patio or the type of entertainment they can have there — will remain in place.

Previously, those establishments were only allowed use their outdoor areas between Patriots Day in April and Columbus Day in October. City Clerk Nicole Crispo, the chairwoman of the license board, proposed changing that rule because the board has gotten a number of requests in recent years from establishments looking to use their outdoor space in the offseason.

"I just wanted to put it out there and see where this goes today," she said. "We have been getting some requests to keep patios open longer in the year and earlier in the season."

Members of the public did have a chance to comment on the proposed change before the board's vote.

Ward 1 Councillor David McCarthy said a handful of establishments in his district have outdoor seating areas. Most, like the Fowler House and Rozafa, both on Hancock Street, have been problem-free, he said. McCarthy, however, said he was concerned about The Pouryard on Washington Street because of its proximity to nearby residences.

The councillor suggested the board allow establishments keep their patios open year-round on a case-by-case basis instead of letting them all do so at once.

"I think it's great to have the money come in to those business, but I really hope you take a look at that in re-

gard to case-by-case instead of blanket, and then hold them, also, to the stipulations that are in there," McCarthy said.

Joseph MacRitchie, the attorney for Paul Chenette, who owns the residential building next to The Pouryard, likewise suggested the board decide which patios can stay open year-round on a case-by-case basis.

"I would hope that if you are going to go year-round, you have people in individually because every patio in the city is going to be different," said MacRitchie, a former city solicitor.

Quincy resident John Rodophele said the year-round use of patios should not be done case-by-case, because all businesses should be able to benefit.

"It's expensive to make money in Quincy. You pay a lot for rent," he said. "This is a good idea."

Board members said they were OK with letting the patios stay open throughout the year.

"I have no issue with people staying open 12

months a year. I don't think it's any more intrusive than it is in July," Police Chief Paul Keenan said.

"We have noise ordinances," Inspectional Services Director Jay Duca said. "We can do this, I think, without any problem. If somebody is violating the noise ordinance, we can always take action on that."

Health Commissioner Ruth Jones said she would support deciding which patios can open year-round on an individual basis, but was unsure how the board would determine which establishments could operate year-round and which ones could not.

"My only concern with that is what standards do you have," she said.

The commissioners also approved a second change to the license board rules, adding passport cards and Massachusetts IDs to the list of acceptable forms of identification to show proof of age, joining Massachusetts driver's licenses and liquor IDs, passports and military ID cards.



KIT BURKE (left) of the Quincy Animal Shelter accepts a donation from David Coffey of A.N. Deringer. Deringer is celebrating its 100th anniversary this year. To mark the event, the company is donating a total of \$100,000 to local charities in those areas of the country where Deringer has offices.

Photo Courtesy Lindsey Walker

A.N. Deringer Makes Donation To Animal Shelter

A.N. Deringer, Inc. (Deringer), the largest privately-held Customs broker and logistics provider in the U.S., celebrates its 100th anniversary on Aug. 1. As part of the centennial, the company will donate a total of \$100,000 to charitable organizations in each of the communities in which it operates.

A percentage of the \$100,000 donation was apportioned to each of Deringer's 30 service centers. The employees in each location determined which charitable organizations in their communities would receive the funds, given the corporate guidance that the donations be given to charities that support children, provide food or shelter to those in need, or provide animal care and rescue. Over 70 organizations are receiving the donations.

Employees in Deringer's Chelsea service center chose to allocate their share

of the contribution to three charities in their area. Donations were given to Quincy Animal Shelter in Quincy, Generations Inc. in Boston, and Roca, Inc in Chelsea.

"Traditionally, we've been quiet about our charitable contributions. We donate because it's the right thing to do," shared Jake Holzschelter, President and CEO. "We prefer to approach these things from a place of humility, but we also feel it's important to encourage other companies to give back. Supporting our communities is an essential core value for the company, and this provides Deringer and our employees with an opportunity to stay connected to the causes that are important to us within our communities."

Additionally, Deringer staff has been encouraged to use eight hours of company-paid volunteer time to give back to their communities throughout the year.

Reel House To Open At Marina Bay

By SCOTT JACKSON

A local restaurant group that owns popular eateries in East Boston and Charlestown among other locations will set up shop inside Marina Bay.

The Board of License Commissioners on June 11 granted an all-alcohol license and common victualler license to the Reel House. The new restaurant will open at 542 Victory Rd. inside the Meriel Marina Bay building. It will be permitted to open 11 a.m. to 1 a.m. seven days a week.

Reel House is owned by the restaurant group that owns an establishment of the same name in East Boston and Pier 6 in the Charlestown Navy Yard, among others.

The new restaurant's offerings will include seafood and Italian fare, said Charles Larner III, the restaurant's manager. Marc Orfaly will serve as its executive chef; he is a four-time nominee for the James Beard Award.

The restaurant will have capacity for 250 patrons, including outdoor seats on the boardwalk.

The board approved the request unanimously.

"It will be nice to have another restaurant up there," Police Chief Paul Keenan said.

"I know you've been doing a lot of work over there and it looks really nice," City Clerk Nicole Crispo said.

In other business on June

11, the board:

Approved a common victualler license for Kung Fu Tea and TKK Fried Chicken. The new restaurant will be located at 1 Beale St., formerly home to Papa Gino's, and will be allowed to operate from 11 a.m. to 11 p.m. seven days a week.

Granted permission to Alba Restaurant, 1486 Hancock St., to use the new expanded roof deck now under

construction.

Granted Victory Point, 332 Victory Rd., permission to use a new 75-person function room on the second floor of their building.

Granted a special-use permit to Michael Skidmore for an outdoor music party he will hold at 13 Greenleaf St. on June 22 from 2 to 8 p.m.

Granted Tapped Beer Gardens permission to operate beer trucks at 196 Samo-

set Ave. and 85 Bayside Rd. during PorchFest Quincy on June 22.

Granted a fortune teller license to Temple of Knowledge, 618 Hancock St. It will be open on weekdays from 10 a.m. to 8 p.m. and by appointment.

Granted a dance school license to Missy's Movement, 92 Franklin St. Classes will be offered for children ages 2 to 18, with one adult class.

THIS STAR WON'T GO OUT PRESENTS

Shine Under the Stars

2019 GALA

RAISING FUNDS IN THE FIGHT AGAINST CHILDHOOD CANCER

Sunday, June 30 6-9PM
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Raffle, Silent Auction
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Tickets at ShineUndertheStars.com

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680 Truman Parkway
Hyde Park: 617-910-9175

8-1 City Council Vote OKs FoxRock Deal

Cont'd From Page 3

enabled the city to take back the property if no medical uses were located on site.

Before FoxRock can close on the Ross Lot land, it must enter into a lease agreement for at least 150,000 square feet of medical office space; the company announced earlier this year South Shore Hospital and Brigham and Women's Hospital would move into the space. The company could also close on the land if it can provide proof it has funding available to construct the building.

William Geary, Koch's special counsel for the downtown project, said FoxRock would have the ability to build a 150,000-square-foot commercial building in lieu of the medical office building if it is unable to finalize lease agreements with health care providers.

"It's within the realm of desired commercial activity that we want as a city," Geary said. "It may not be Brigham and Women's or South Shore Hospital, but it will be a desirable goal for the city to have a building of that size — 150,000 square feet — that could service both medical as well as other commercial activities."

A new clause added to the LDA allows FoxRock to purchase the land from the city if it is unable to satisfy either of the closing conditions after four years. The purchase price would be determined by appraisals based on the fair-market value of the land; the LDA spells out how the appraisal process would work. Geary

said that clause was added to protect the city in the event FoxRock cannot close in four years by ensuring the company would pay market value for the land.

Mahoney, who voted against the LDA, said she was concerned FoxRock has not been open to listening to the Hospital Hill Neighborhoods Association's concerns about the size of the proposed project at the former Quincy Medical Center site.

"I am very concerned about this and I am really very disheartened that FoxRock will sit down in good faith with the Hospital Hill association and basically say we're not negotiating," Mahoney said.

"In the meantime, we're coming here, and we're being told the best negotiations have happened with the city on behalf of the taxpayers in city of Quincy with FoxRock. It seems like somebody is getting a good deal, but it certainly isn't the taxpayers."

Ward 5 Councillor Kirsten Hughes, whose district includes Hospital Hill, said she trusted the Planning Board would work to protect residents as it reviews plans for 114 Whitwell St.

"I am going to support this LDA this evening," Hughes said. "I understand there are folks that are going to be very unhappy with that, but I also understand that I think it's the right thing to do for the downtown and to move the city forward."

The \$61 million DIF bond will be paid back with

new tax revenue generated in Quincy Center. The council had authorized up to \$121 million in DIF bonds prior to Monday's meeting.

The \$61 million bond sets aside \$1.4 million for the interim parking program in Quincy Center; \$4.28 million for surface and subsurface improvements in the area of 1528-1570 Hancock St. and a nearby portion of the Hancock Lot; \$10.53 million for subsurface improvements in the area of the Ross Lot; \$9.1 million to acquire and demolish 1534, 1546 and 1550 Hancock St. and build a new roadway, known as General Sullivan Way, into a new garage on the Hancock Lot; \$13.57 million to build a new roadway through the Ross Lot, known as General McConville Way, and improvements to Cliveden Street, which would be renamed General Dunford Drive; \$15.26 million to acquire 100 Parkway and design a new garage located partially on that parcel; \$1.4 million for coordination with the planned development at the Quincy Center MBTA station; and \$5.48

million for consultants, legal services and downtown management.

Though the bond includes funding to design a new garage in the vicinity of the Parkway, there is no funding provided for constructing the new parking structure. Deputy Planning Director Rob Stevens said the city intends to use all or part of the \$40 million in Infrastructure Investment Incentive (I-Cubed) money the state set aside for the city in 2013 to pay for the garage. Stevens said the city still has preliminary approval for those funds, which will be released once new state tax revenue — primarily income taxes — start flowing from the downtown. If the city does not use I-Cubed funding, Stevens said the city could look at other state funding sources, such as a MassWorks grant, or for federal funds.

City officials have said the new garage would likely hold more vehicles than the 712-car garage that is set to open on the Hancock Lot this fall.

During a finance committee meeting earlier Monday

evening, Mahoney proposed cutting a \$500,000 line item for public and government relations included in the \$61 million bond. She said she wanted the mayor's office to show councillors a marketing plan for Quincy Center.

"We didn't get a marketing plan done. That's not something new that's being asked from this city and it's not something we should be asking for at the ninth hour," Mahoney said.

Chris Walker, Koch's chief of staff, said the \$500,000 for public and government relations is used to promote Quincy Center businesses through social media and Boston media outlets and spread the word the downtown remains open for business during construction. Walker said the public relations spending is par for the course for a project as large as the effort to redevelop Quincy Center, which is a billion dollar undertaking.

"This kind of public relations effort that we've put into this and that we're going to put into this through this request is not unusual for the scope of what we're

talking about," Walker said. Ward 1 Councillor David McCarthy said it was important to market Quincy Center.

"It's a well-needed plus to have there in that \$61 million to carry on the advertising and marketing over the next umpty-ump years to make sure that that works right down there," he said. "That \$500,000 should stay there so that they can do the job right."

The proposed cut failed in a 6-1 vote in committee, with only Mahoney in favor of it. The committee then passed the bond in a separate 6-1 vote and the council approved it later in the meeting 8-1.

Koch had also submitted a new version of the Urban Revitalization and Development Plan for Quincy Center to the council for approval in March when he introduced the FoxRock LDA and the \$61 million bond. The latest iteration of the URDP, which the council approved in May, identified 13 properties, mainly along Hancock Street, for potential taking in the future.

Discover Quincy Promoting Local Events

nations and others may have an admission fee.

On Saturday, the New England Whale Festival starts with a Beach Clean Up at Wollaston Beach from 9 to 11 a.m. Join Cisco Brewers and Friends of Wollaston Beach to collect trash and marine debris to make the beach a nicer, safer place and improve the coastal ecosystem.

Then head to the Marina Bay Boardwalk, Victory Road from 11 a.m. to 3 p.m. for a free festival featuring a pop up Cisco Brewery, kid's activities, free boat rides and a chance to connect with diverse exhibitors focused on marine conservation, education, water recreation, and safe boating.

The Houghs Neck Garden Club has organized the Summertime by the Sea House Tour. Tickets are \$30 and can be purchased at Nut Island Community Room, 149 Sea Ave. from 9:30 a.m.

until noon and the homes are open from 10 a.m. to 2 p.m.

PorchFest Quincy is a free grassroots community music festival where bands play on front porches and people walk and bike around to enjoy free music from 3 to 9 p.m.

The Boston Cannons take on the New York Lizards for a Major League Lacrosse game at Veterans' Memorial Stadium at 5 p.m.; ticket prices vary.

On Sunday, Fore River Residents Against the Compressor Station hosts Painting in the Park at King's Cove Park, 55 Bridge St., Weymouth from 1 to 4 p.m. Area artists are welcome to come and create in all media; draw, paint, photo, video, 3D. Materials and instruction for getting started will be provided, as well as a children's table.

Due to inclement weather last weekend, Marina Bay

has rescheduled their Father Figure themed Sunday Funday for June 23 from noon to 4 p.m. Experience the beauty of the boardwalk, local vendors, music, and games.

Each Monday, in collaboration with the City of Quincy, a free outdoor movie will be shown on the Hancock-Adams Common with "Spider-Man: Into the Spider-Verse" being shown on June 24.

Each Tuesday, the City of Quincy Recreation Department and Thomas Crane Public Library partner for Tot Lot Tuesdays on Wollaston Beach.

The June 25th storytime Diane Edgecomb's Water Wizards program. Be a clam or jellyfish in the Native American legend, How Whales got their Spouts, and end with the antics of a curious monkey going for a wild ride in the ocean.

On Wednesday, June 26, Stop & Shop Headquarters in Quincy Center hosts a lunchtime concert series featuring Jumpin' Juba and in the evening.

Discover Quincy and the Friends of Wollaston Beach host a concert at 6 p.m. with the Danny Gallagher Band; Rock, R&B & Reggae.

For more information and the full schedule of events, visit DiscoverQuincy.com and follow the Discover Quincy Facebook event page and download the printable schedule of events.

FORE RIVER SHIPYARD

Lung Cancer • Other Cancers

Special trusts have been set up by vendors and suppliers of the Fore River Shipyard to pay asbestos victims:

If you ever worked at the Fore River Shipyard before 1982 you may have been exposed to asbestos - and not even know it. You could be entitled to multiple cash settlements without going to court, filing a lawsuit, or even leaving your house.

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\$329.78 Million Budget Approved For FY 2020

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budget. The downtown division included debt service line items, \$250,000 into a new reserve account and three new positions, among other items.

During a finance committee meeting earlier this month, Ward 4 Councilor Brian Palmucci asked the administration to return the downtown division to the general fund budget; he was concerned about adding three positions solely assigned to a single neighborhood.

The amended budget approved Monday moved the downtown division back to the general fund, though the city will still use new Quincy Center tax revenue to make debt service payments on the DIF bonds issued to date. The three new positions – a downtown coordinator, a junior mechanical

engineer and a handyman – will be assigned to the Department of Natural Resources and the Department of Public Buildings, said Chris Walker, Koch's chief of staff.

City Council President Brad Croall proposed cutting those three positions at Monday's council meeting. Croall in previous years asked the administration to set up a reserve account for the DIF, and on Monday called the \$250,000 set aside this year "a pittance" compared to the \$121 million in DIF debt approved prior to Monday. Croall said he was also concerned about adding new hires while the city is facing \$220 million in unfunded other post-employment benefits (OPEB) liabilities over the next 40 years.

"Folks, this is a problem," he said. "I think we

really need to take a step back and look at everything that's going on."

The proposed cut failed in a 6-3 vote, with Councilors Anne Mahoney and Brian Palmucci joining Croall in favor of it.

Following the vote, councilors voted 8-1 to pass the budget, with Mahoney opposed.

The new budget for fiscal year 2020 increases the general fund portion of the Quincy Public Schools budget from \$104.86 million to \$110.21 million. The added money will allow the school system to hire a new full- and part-time classroom teacher, a part-time art teacher and part-time music teacher, a full-time English language learner teacher, four full-time special education teachers, 21 full-time special education aides, and a part-time occupational

therapist, among other new positions. The budget will also provide funding to stop the use of Styrofoam trays in school cafeterias; they will be replaced with biodegradable products.

The Quincy Police Department's budget will increase from 28.97 million to \$30.93 million, allowing for the hiring of two additional police officers.

The Quincy Fire Department's budget will increase from \$25.17 million to \$26.82 million. The added money boosts the overtime budget from \$2.16 million to \$2.26 million, and the line item for shift differential from \$3.13 million to \$3.37 million.

The budget provides funding for a new civil engineer in the Engineering Department and a social worker for the Council on Aging. The budget funds two positions – earth scientist and tree warden – added but not funded earlier this year in the newly formed Department of Natural Resources.

In addition, the budget includes funding for a new tourism office, including a full-time tourism director. The city previously appropriated hotel tax money – a portion of which needs to be used for tourism purposes – to the Quincy Chamber of Commerce for its Discover Quincy program. The hotel money will now be used to

fund the new tourism office, including the program offering tours of City Hall and the Hancock Cemetery.

The council on Monday did appropriate \$40,000 in hotel tax money to the Quincy Historical Society to support its programming. The historical society has received similar funding in recent years.

Councilors on Monday unanimously approved sewer and water enterprise budgets, which are funded separate from the general fund. The sewer budget will increase from \$25.83 million to \$26.36 million. The water budget will increase from \$19.21 million to \$19.5 million.

Bill Dunn Memorial Road Race June 29

The Bill Dunn Jr. Memorial Road Race will be held Saturday, June 29 in Houghs Neck.

Registration for the event will begin at 7 a.m. at the St. Thomas Aquinas Hall on Darrow Street. Those interested can participate in a five-mile run or two-mile walk beginning at 9 a.m. Cash prizes will be awarded for first place male/female runner and first place Houghs Neck resident male/

female runner. Awards given to 1st, 2nd and 3rd runners in each age group.

The first 300 people to register will receive a free race t-shirt. Race proceeds benefit the Bill Dunn Jr. Memorial Scholarship, which has provided scholarships to Quincy High students, donations to Children's Hospital, Manets Youth Football and other local organizations.

The registration fee is \$35 for runners and \$25

for walkers until June 20th, then fee is \$40 to run and \$30 to walk; children walking are free. Registration forms are available online at rememberb.com and can be mailed to Bill Dunn Jr. Memorial Road Race, 105 Edgewater Dr., Quincy, MA 02169. Participants can also register online at racewire.com.

For more information, contact Margaret Dunn at 617-471-9075.

Patrick McPartlin Graduates VMI With Distinction

Patrick McPartlin of Quincy recently graduated from Virginia Military Institute in Lexington, VA.

McPartlin earned a Bachelor of Arts Degree in History with distinction, concentration in military, and

minor in international studies.

Robert Baker Graduates James Madison University

Robert Baker of Quincy recently graduated from James Madison University

in Harrisburg, VA. Baker graduated with a

bachelor of business administration in management.

Peter Anderson On Saint Michael's Dean's List

Peter K. Anderson of Quincy has been named to the Dean's List for the

spring semester at Saint Michael's College in Colchester, VT.

Anderson, a sophomore exploratory major, is a graduate of North Quincy High School.

Declan Murphy On Quinnipiac Dean's List

Declan Murphy has been named to the Dean's List for

the spring semester at Quinnipiac University in Ham-

den, CT.

Two Residents On Saint Anselm Dean's List

Two students from Quincy have been named to the Dean's List for the spring

semester at Saint Anselm College in Manchester, N.H. They are:

Erin Koehler, nursing, 2019; and Miquela Murray, chemistry, 2020.

Wollaston Beach Cleanup June 22

The public is invited to join the Friends of Wollaston Beach (FWB) on Saturday, June 22 from 9 to 11 a.m. across from 861 Quincy Shore Dr. for a joint cleanup with whales.org.

Volunteers will clean a stretch of beach one-half mile north of Tony's Clam Shop and one-half mile south of Tony's. Volunteers will catalog each item in order to more clearly define what is washing up on

our beaches, and seek solutions to mitigate the damage done. Watch the Sun for details of the 2019 Coastsweep in September.

After the cleanup, join in the fun at Marina Bay at 11 a.m. to 3 p.m. for the New England Whale Festival. Sponsored by Cisco Brewers of Nantucket, this event has something for the entire family. The festival features exhibits promoting marine conservation and boater ed-

ucation, with onsite marine mammal scientists, kids' activities, free boat rides, and the debut of a life-sized North Atlantic right whale.

This free festival takes place rain or shine, is dog friendly, and fun for everyone. Those over 21 who participate in the morning cleanup on Wollaston Beach will receive a voucher for a beer at the Cisco pop-up at Marina Bay.

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Project

HOSTED BY:



Help QCU Build Dreams One Bed at a Time

Want to be part of something special?

SOUTH SHORE COMMUNITY BUILD A BED

Event Date: Saturday June 22, 2019

Event Address: QCU Parking Lot, 100 Quincy Ave
Quincy, MA

Event Time: 1:00 p.m. - 4:00 p.m.

To register visit:

[www.abedforeverychild.org/
community-build-a-bed](http://www.abedforeverychild.org/community-build-a-bed)



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"Rock Solid Security"

On Wednesday, June 12, at approximately 5 p.m., Quincy Police Drug Control Unit detectives were working undercover conducting surveillance on Briggs Street due to complaints of possible drug activity.

Information was provided that a young male walks down Briggs Street from Elm Avenue and sits on the steps of houses on Briggs Street. Additional information provided was the license plate of the suspect vehicle. This information assisted in identifying the suspect as a known substance abuser.

A recent Quincy Police Incident Report two weeks earlier showed that the suspect was the victim of an opiate overdose at his home in Quincy. A review of calls showed that the suspect overdosed at least four times in 2018 and was present at an overdose, too. Detective Powers queried the registration and learned the vehicle was registered to a male with a criminal/drug record from Boston. Armed with this information, DCU detectives set up surveillance on Briggs Street and the surrounding area.

At approximately 5:30 p.m., Detective Donovan observed a male matching the description walk onto Briggs Street and sit on the steps of a house. Detective Bossart drove by and positively identified the male suspect. Surveillance was maintained on the suspect as he sat on the steps occasionally looking at his cell phone and down Briggs Street towards Elm Avenue.

Detectives know from training and experience the majority of street level drug transactions in the City of Quincy involve the use of motor vehicles. Buyers contact their dealer and request to purchase drugs. The dealer will often direct the buyer when and where to meet.

At approximately 5:40 p.m., Detective Bossart observed a vehicle turn onto Briggs Street from Elm Avenue. The vehicle was registered to a female from Lynn. As the vehicle traveled down Briggs Street, Detective Donovan picked up surveillance and noticed the vehicle was being operated by a male. Detective Donovan observed the driver stop and the suspect walk up to the vehicle and enter the front seat.

The vehicle drove off and was followed by Detective Coen. The vehicle drove in and around the side streets of Wollaston briefly and then returned to the general area of Briggs Street, where the suspect got out of the vehicle. The suspect then walked northbound on Hancock Street to his residence. Detectives believed that a drug transaction oc-

A Job Well Done

By QUINCY POLICE LT. DAN MINTON



LT. DAN MINTON

curred so Detectives Glennon and O'Rourke encountered the suspect while other Detectives maintained surveillance on the suspect vehicle.

Detective Glennon announced "Quincy Police" to the suspect with his police badge displayed. Detective Glennon took hold of the suspect's hand to prevent any flight and immediately noticed the suspect raise his chin and make actions consistent with swallowing something. Detectives believed the suspect was attempting to swallow drug evidence as this is a common tactic performed by both drug buyers and dealers when law enforcement approaches.

Detective Glennon ordered the suspect to spit out the drugs at which point a violent struggle ensued. Detective O'Rourke assisted in trying to restrain the suspect as he tried to flee resulting in the suspect falling into a fence. The suspect jumped up and reared back with his right foot and attempted to kick Detective Glennon. At this time detectives were able to bring the suspect to the ground where he continued to struggle.

Detectives were eventually able to place the suspect, a 31-year-old Quincy resident, in handcuffs and advised him he was under arrest for resisting arrest, disorderly conduct and assault by means of a dangerous weapon to wit a shod foot. Detective Glennon provided the suspect with Miranda rights to which he stated he understood. The suspect denied meeting with the driver or even being in a vehicle. Officer Dabilis and his K9 partner Karl sniffed the free, public, air-space surrounding the suspect and was positively alerted to a drug odor emanating from the suspect's hands. The suspect was transported to the station for booking.

Detectives Bossart, Cassidy, Donovan and Coen were alerted to what transpired and stopped the suspect vehicle on Hancock Street. The driver was removed from the vehicle, placed in handcuffs and advised of his Miranda rights

to which he stated he understood. When asked where he was coming from, the driver said, "work." When asked where he works, the driver said, "I don't work." When asked what brought him to Quincy, the driver said he was meeting a friend but didn't know his name. He denied that his friend (the suspect) ever got into his vehicle. After advising the driver that they saw them together in the vehicle, the driver said, "I was buying weed from him."

A search of the driver uncovered three folds of cash in his pocket of his shorts amounting to \$577 (\$471, \$80 and \$26). After discovering this, Detective Coen again asked the driver what he did for work and he reiterated that he doesn't work. Detectives searched the vehicle and located a container with a medical marijuana label on it in the driver's door map pocket.

Detective Bossart opened the container and observed numerous individually packaged bags containing light brown powder, white powder and off-white, rock-like substance. Upon closer inspection DCU Detectives noticed there were a total of 12 individually packaged bags of drugs (4 brown powder, 5 white powder and 3 off-white, rock-like assistance). DCU detectives believed the substance to be heroin/fentanyl, cocaine and crack cocaine respectively.

DCU detectives noticed the bags of alleged cocaine were color coded. The bags containing powder cocaine were marked with a blue marker. The bags of alleged crack cocaine (cocaine base) were marked with a green marker. There were also four plastic sandwich bags containing a light tan powder in the middle console.

The driver blurted out, "That's not drugs. That is just pre-workout powder." The detectives showed the driver the individually packaged bags inside the gold container and asked him if it was cocaine and heroin to which he replied it was. When asked if the heroin was heroin and/or fentanyl, the driver said he didn't know and then stated, "You guys are actually doing me a favor." The drugs, cell phones and money were seized as evidence and for civil forfeiture.

The driver, a 30-year-old Jamaica Plain resident, was charged with two counts of possession to distribute Class A (fentanyl and heroin) and possession to distribute Class B (cocaine). Detectives also submitted paperwork to the court to get the addicted suspect some much needed substance help.

Nice Work!

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics

June 7 - June 13

Calls: 1113

Arrests: 21

Stolen Vehicles: none

FRIDAY, JUNE 7

ASSAULT AND BATTERY, 12:41 a.m., Burgess St. & Hancock St. Male down. Male is breathing. Possible suspect is white male, blue backpack, wearing a red shirt under a red hoodie. Male party was punched, causing him to fall resulting in injuries. Victim to QMC. DPW notified for blood in the street.

ASSAULT AND BATTERY, 12:59 a.m., YMCA, 79 Coddington St. Behind YMCA. States he believes he broke his hand. Unable to gather further. One to QMC.

LARCENY, 10:22 a.m., 60 Spear St. Asian female just stole laundry off front porch. Civil matter. Asian female made restitution. All parties satisfied.

SATURDAY, JUNE 8

ASSAULT AND BATTERY, 12:51 a.m., 2 Hancock St. Male caller states he was attacked by someone he knows. Caller states injuries to neck and ear. Asian male suspect wearing a t-shirt, can't remember what color, and unknown color shorts. Complaint submitted.

LARCENY, 7:49 a.m., 7-Eleven, 230 Washington St. Counterfeit money. Occurred last night. Has video.

LARCENY, 1:02 p.m., Alltown Check Cashing, 34 School St. On scene with bad check. Arrest made. Uttering and attempt to commit a crime, larceny over.

BREAKING AND ENTERING, 5:26 p.m., Cheriton Rd. Caller states she left her house around 1 p.m. and came back and noticed the bedroom door lock was broken. She thinks someone could have entered through the back door. Caller does not currently notice anything missing.

SUNDAY, JUNE 9

LARCENY, 10:24 a.m., CVS, 42 Beale St. Shoplifting a prescription of suboxone. Party located at Ellington, is on way back to store to pay for it.

LARCENY, 12:38 p.m., Gavin Foundation, 43 Old Colony Ave. Wallet.

BREAKING AND ENTERING, 7:16 p.m., 1000 Southern Arty. Storage in basement.

LARCENY, 7:30 p.m., Elm St. Deeds and birth certificates. Caller hung up on transfer from State. Possible psych.

MONDAY, JUNE 10

VANDALISM/PROPERTY, 10:42 a.m., 1479 Hancock St. Front glass vandalized.

LARCENY, 10:56 a.m., Crane Library, 40 Washington St. Stolen cell.

VANDALISM/PROPERTY, 1:22 p.m., 124 Main St. Caller states his tires were slashed on June 2 and 5. No suspect info.

LARCENY, 4:20 p.m., Stop & Shop, 65 Newport Ave. Stole money and made fraudulent returns. Trespassed by manager in presence of office.

TUESDAY, JUNE 11

BREAKING AND ENTERING, 12:31 a.m., Independence Ave. Just came home from vacation. Back door unlocked. Missing items.

VANDALISM/PROPERTY, 9:40 p.m., Independence Ave. Note left claims it was from construction site.

VANDALISM/PROPERTY, 9:52 p.m., YMCA, 79 Coddington St. McGrath Highway side.

WEDNESDAY, JUNE 12

LARCENY, 10:52 p.m., Laundromat, Copeland St. Caller reports he had his wallet stolen at the laundromat at Copeland and Buckley Streets on June 6.

BREAKING AND ENTERING, 2:03 p.m., Pleasant St. Dwelling.

LARCENY, 6:09 p.m., US Gas Auto Service, 588 Adams St. Caller has plate number of party who stole some paperwork that came from lottery machine. Lists to Common Street address. Party not at Common Street. Paperwork was print out from pump and a lottery receipt that was on counter.

VANDALISM/PROPERTY, 7:31 p.m., Joan Dr. White car, partial plates, headed west. White female threw rock through caller's car window.

THURSDAY, JUNE 13

LARCENY, 11:43 a.m., 2 Seaport Dr. Larceny.

VANDALISM/PROPERTY, 2:31 p.m., Brook Rd. Caller states belongings were put outside in rain and are now destroyed. Party destroyed his own property prior to getting into ambulance. QMC.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617 745 5719

STOLEN MOTOR VEHICLES: none

CAR BREAKS: 100 Granite St., Gothland Street, 1055 Southern Artery

BREAKS AND ATTEMPTED BREAKS: Pleasant Street, Independence Avenue, 1000 Southern Artery, Cheriton Road

If you have information on the above crimes, drug activity or any crime, please call the Quincy Police Detective Bureau at 617-745-5764 or log onto the following website: <http://tinyurl.com/ytf6td>.

To report suspicious drug activity, call the Drug Hotline at 617-328-4527. You will not be required to identify yourself, but it could help. To make an appointment to view the Registered Sex Offenders book, call Detective James Dentremon at 617-745-5755.

To contact the Crime Prevention Officer for tips or comments, my direct line is 617-745-5719. My e-mail address is dminton@ci.quincy.ma.us -- Lt. Dan Minton

Entries in the Quincy Police Crime Prevention Journal are compiled and submitted by the Quincy Police Department.

They are published by The Quincy Sun as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Quincy Police Crime Prevention Journal list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

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Real Estate

Quincy Real Estate Transactions June 10 - June 14

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Joseph F. & Kathleen E. Taylor	Arjan Keka	\$190,000.00	35 Graham Street
Courtney R. Kershaw	Laura J. & Mark J. Murphy	\$569,700.00	50 Pawsey Street
Marianne Hajjar	Meghana Rawal	\$300,000.00	15 Bower Road Unit C-7
Papagno Family Trust Agreement of 2019	Li C. Lin & Jiaqiang Sun	\$625,000.00	102 Glendale Road
Kyle Brien	Baofen Wu & Chun W. Cheung	\$346,000.00	677 Quincy Shore Drive Unit 304
Jack Manning Family Trust	Robert C. & Lori A. Maynard	\$340,000.00	8 Nicholl Street
TG Performance Inc.	Shore Properties LLC	\$401,000.00	32 Papile Lane Unit 3
PT Investments LLC	Andrew Ruta & Meredith F. Moulter	\$595,000.00	48 Kent Street
Jason R. Haber	Kelly Weinberger & Stephen Kaminski	\$443,500.00	81 Lenox Street
Qing H. Pan & Yuxin Wang	Timothy Pan	\$500,000.00	80 Baxter Avenue
Ranstrom Family Trust	Christopher F. & Kaitlyn E. Milano	\$650,000.00	42 Bromfield Street
Michael P. Thornton	Michael Booth	\$636,500.00	33 Silver Street
Ruben L. & Julieta B. Austria	Janey & Clyde Ronxhi	\$812,500.00	34 Avon Way
Jane & George B. Doyle	Jorge M. Santamaria	\$200,000.00	179 Presidents Lane Unit 3K
Viden Road Realty Trust	Chaoqun Chen & Shufeng Zhao	\$580,000.00	47 Viden Road
John & Kristin Collins	Shannon Cleary & Jonathan McLaughlin	\$419,900.00	54 Connell Street
18 Bittern Road Realty Trust	Elite Property Development LLC	\$270,000.00	18 Bittern Road
Barbara J. Breslin	Ronald A. & Brigitte Miller	\$492,000.00	115 Fenno Street
93 Ashworth Road Realty Trust	DSN 93 Ashworth Trust	\$509,000.00	93 Ashworth Road
Donald M. Small 2007 Revocable Trust	Sheila A. Masselli	\$620,000.00	87 Harbourside Road Unit 67
Joseph P. & Danielle M. Cloutier	Sean W. & Michaela Marsters	\$720,000.00	279 Wilson Avenue
Thao T. Butts	Vernal C. Jones	\$315,000.00	308 Quarry Street Unit 603
Allan T. & Margaret E. Turgeon	Carol Blake Smith	\$600,000.00	141 Plymouth Avenue
Kristine Aristide	Elaine Okanyene Nsoesie	\$479,000.00	80 Arthur Street Unit 2
Steven & Mari DiBenedetto	Jason, Kapeng & Kwong K. Ma	\$450,000.00	1 City View Lane Unit 602
Ruth Mulcahy	REI Group LLC	\$242,500.00	963 Hancock Street Unit 1B

O'Donnell Promotes Norfolk Registry Of Deeds' Social Media

Register of Deeds William P. O'Donnell reminds the public of the importance he places on the Registry's use of social media platforms to communicate directly with the citizens of Norfolk County.

"At the Registry of Deeds, we put a high priority on communicating with Registry users on a 24/7 basis. After all, just because our doors close at the end of the business day doesn't mean the Registry has to stop working for you,"

O'Donnell said.

"For example, our website www.norfolkdeeds.org lets people view scanned images of over 8.5 million land documents dating back to 1793, as well as learning about our latest consumer protection programs. I also want people to note that Registry information is available not just from using their workstations or laptops, but also from their smartphones or tablets."

O'Donnell also noted the public can print out an

application of the popular Homestead Act. A Homestead provides a homeowner with limited protection against the forced sale of their primary residence to satisfy unsecured debt up to \$500,000.

Norfolk County residents can also sign-up on-line for its free Consumer Notification Service. This program will alert a person anytime a land document has been recorded against their name

in Norfolk County. Additionally, there is valuable county real estate information that can be researched and tracked based on the monthly and quarterly real estate statistical reports, such as the number of residential and commercial properties sold, average prices of property sold, and much, much more.

Besides the Registry website, other forms of social media utilized by the

Registry of Deeds include Facebook, facebook.com/NorfolkDeeds, Twitter, twitter.com/NorfolkDeeds, and Instagram.

"The Norfolk County Registry of Deeds," noted O'Donnell, "has utilized Facebook, Twitter and Instagram to provide information to the general public. We are optimistic that county home-

owners, and in particular first-time home buyers, will use these social media platforms. They can learn more about home ownership and other consumer initiatives like protecting themselves against Deed Scam rip-offs, along with other outreach services, including learning about Registry office hours in their local community."

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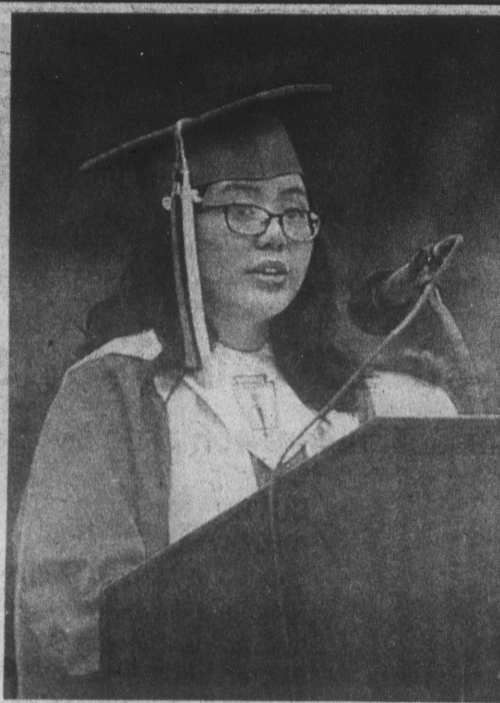
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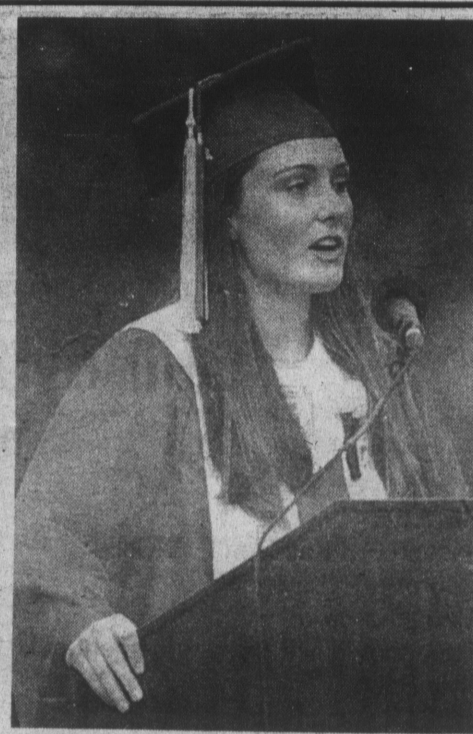


NORTH QUINCY HIGH School graduate Patricia Simaku celebrates after receiving her diploma during the Class of 2019 commencement at Veterans' Memorial Stadium on June 10.

Quincy Sun photos/Tom Gorman



"THE DIPLOMA that you will soon receive is not just a piece of paper. It represents every trial and error you've made while on your journey to where you are today," North Quincy High School Valedictorian Nicole Setow told her fellow graduates at commencement June 10.



"AS WE MATURED, we have learned confidence, and this is something to take with us in the future," said NQHS Class of 2019 President Samantha Smith during her remarks at graduation ceremony June 10.

'You Are Your Greatest Asset,' North Quincy Grads Told

By SCOTT JACKSON

The diploma earned by each member of North Quincy High School's Class of 2019 is more than just a piece of paper, the class's valedictorian told her fellow graduates; it represents every minute of work each student put in from kindergarten to today.

The 338 members of the Class of 2019, each in a red cap and gown, received their diplomas June 10 at Veterans' Memorial Stadium. The Class of 2019 is the 86th class to graduate from North Quincy High School.

Nicole Setow, the class valedictorian who will attend Tufts University in the fall, told her fellow graduates they have invested in themselves throughout their journey through elementary

school, middle school and high school.

"842,400 minutes — minus a couple thousand for sick days, tardies, and 'sick days' — that's how many minutes we, the Class of 2019, have spent in school from kindergarten to senior year, and that is also the number of minutes we have invested in ourselves," Setow said.

"The diploma that you will soon receive is not just a piece of paper. It represents every trial and error you've made while on your journey to where you are today. It represents every 30 percent you've scored on a physics test, every half-day Tuesday that you spent with your friends, every lap you ran in P.E., and every con-

Cont'd On Page 18



NORTH QUINCY HIGH SCHOOL Class of 2019 graduates applaud during commencement June 10 at Veterans' Memorial Stadium.

**Congratulations to
QHS & NQHS Graduates
Class of 2019**

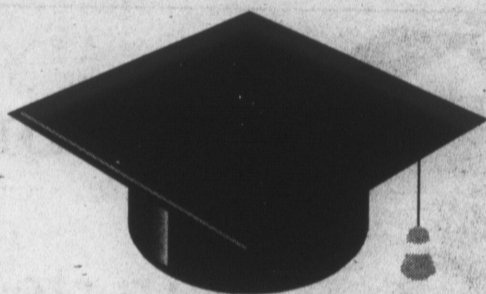
**From
Councilor-At-Large
Noel DiBona & Family**



**Noel - QHS Class of 1993
Niamh - QHS Class of 1995
Future Graduates
Tyler - Class of 2031
Aidan - Class of 2033
Nora - Class of 2034**

**Congratulations
Class of 2019**

Make Us Proud!!!



**William "Bill" Harris
Councillor
Ward 6**

**Congratulations
to the**

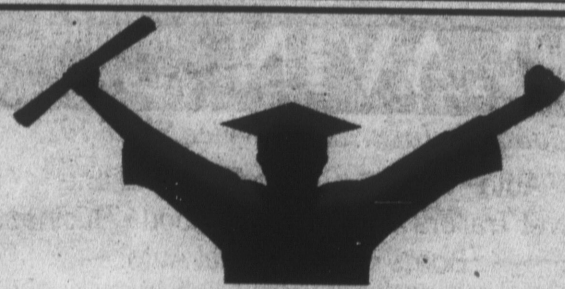


CLASS OF 2019

& all the

Best for a Bright Future!

**Brad Croall
Ward 2 Councillor
and City Council President**



**Graduation,
the beginning of a beautiful journey!**

Congratulations Class of 2019

Emily Lebo, Vice Chairwoman School Committee

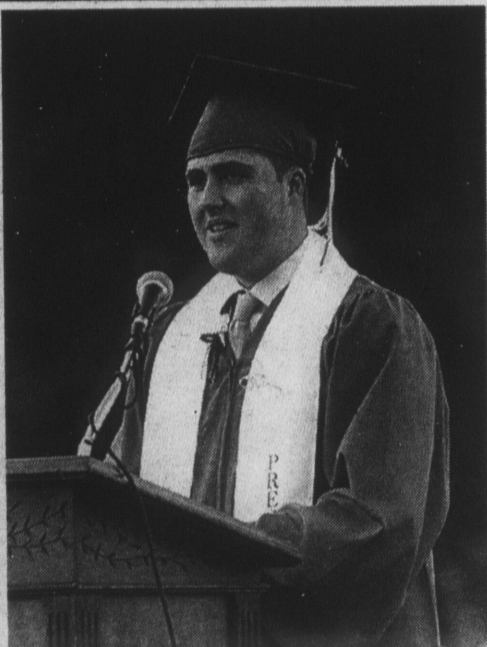
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'WE ARE CAPABLE of accomplishing whatever we set our mind to. Your presence here today is proof of that," Quincy High School Class of 2019 Valedictorian Samantha van Gestel told her fellow graduates at commencement June 11.



"ALL OF OUR hard work has not only made our families proud but is a testimony to ourselves as individuals, and a sign of respect to those who couldn't be with us today," QHS Class of 2019 President Dean Sirois-Watts said during his remarks at graduation.



LONDON NGUYEN gives a congratulatory shout to a classmate as diplomas are awarded during the Quincy High School graduation on June 11 at Veterans' Memorial Stadium.

Quincy Sun photos/Tom Gorman

'If You Believe You Can, You Will,' Quincy Graduates Told

By **SCOTT JACKSON**

The members of Quincy High School's Class of 2019 might not know what the future holds for them, but the class valedictorian said each student is capable of accomplishing whatever they set out to do.

The 387 members of the

Class of 2019, the 144th class to graduate from Quincy High School, received their diplomas June 11 at Veterans Memorial Stadium. The graduates, all in blue caps and gowns, each wore a yellow ribbon in memory of their classmate Lucien "Luc" Theberge,

who was killed in a November car crash.

Valedictorian Samantha van Gestel, who will attend Bentley University in the fall, said her classmates might not know what lies ahead in the future, but can accomplish whatever they wish to do.

"This year specifically has brought huge changes for everyone, and it seemed to have flown by. Some of us applied to college and had to choose our homes for the next four years with the weight of tuition hanging over our heads. Some of us have decided to enlist in the

military, to make sacrifices for our country. Some of us joined unions or the workforce, to contribute to and improve our community," van Gestel said.

"No matter what your plan for the upcoming months is, we have all had to attempt to answer the

age-old question, "What do you want to be when you grow up?" And while some may know better than others, we all are not sure what the next year, or ten, will bring. I definitely am not.

"But what we do know, is that we are capable of ac-

Cont'd On Page 23

Congratulations
to the Quincy and
North Quincy High School
Class of 2019 Graduates

Best Wishes,
Norfolk County District Attorney
Michael W. Morrissey (NQHS '72)
Joanne Ross Morrissey (QHS '73)

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CLASS OF 2019
Congratulations, Graduates!

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May you continue to grow and
use the gifts you have been given!


Congratulations
Graduates

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'You Are Your Greatest Asset,' North Quincy Grads Told

Cont'd From Page 16

nection you've made here at North Quincy High School.

"With each and every one of those experiences, you've invested a little bit more in yourself and in your future. And truthfully, you are your greatest asset."

The Class of 2019, she said, is ready to explore the world.

"We now stand before bright futures in which we will explore various parts of this world through studies in history, music, science and mathematics," Setow said. "For a long time, I've always related history to the ocean; it's tangible, we may know where it starts, and where it ends, but we've yet to discover all its secrets."

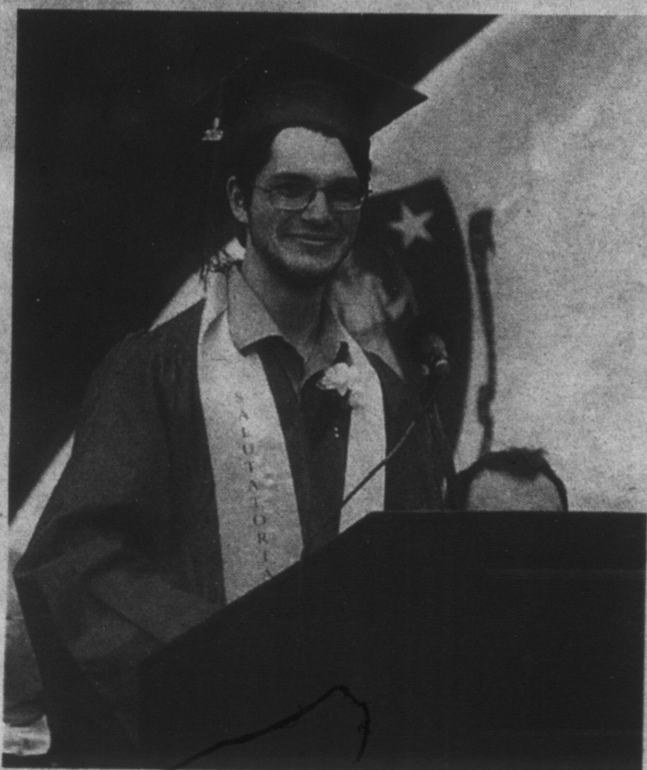
"Meanwhile, science and mathematics comprise space — it's what we don't know, and this oblivion may scare us, but here we are constantly trying to make sense of the numbers and processes that we can and cannot see. And the humanities—literature, art, music—they give us reasons to explore, reasons to live."

"We have a remarkable group of individuals here: mathematicians, athletes, writers, photographers. Members of our class will end up on different continents in this world, and that's the most exciting part of this end to an era."

"Whether you leave us today heading into the workforce, the military, or college, I'd like to pass along one piece of advice that I was lucky enough to receive from my calculus teacher and North Quincy's favorite beekeeper, Mrs. Paula Johnson, 'Surround yourself with people who work hard like you, believe in you, and challenge you. They will inspire you to grow and continue living your best life.'"

Samuel Brenner, the class salutatorian, challenged his fellow graduates to come up with their own definition of success.

"I can safely assert that each of us has changed in some way over the past four years," said Brenner, who will attend Brandeis University. "Rather than listing



NORTH QUINCY HIGH SCHOOL Salutatorian Samuel Brenner gives his address. Quincy Sun photos/Tom Gorman

meaningful school events and moments in my high school career that I could attempt to generalize to your own experiences, I instead leave you with a challenge to be introspective and ask yourself what success means to you, Class of 2019, and how it relates to the end of your high school journey.

"In such a progressive society, I believe our ability to perceive our own success in vastly different ways is what defines our class and what made it so special. With that said, it is time we move on to the next chapter in our lives."

Class President Samantha Smith said her classmates have learned confidence over the past four years, and that will prove beneficial moving forward.

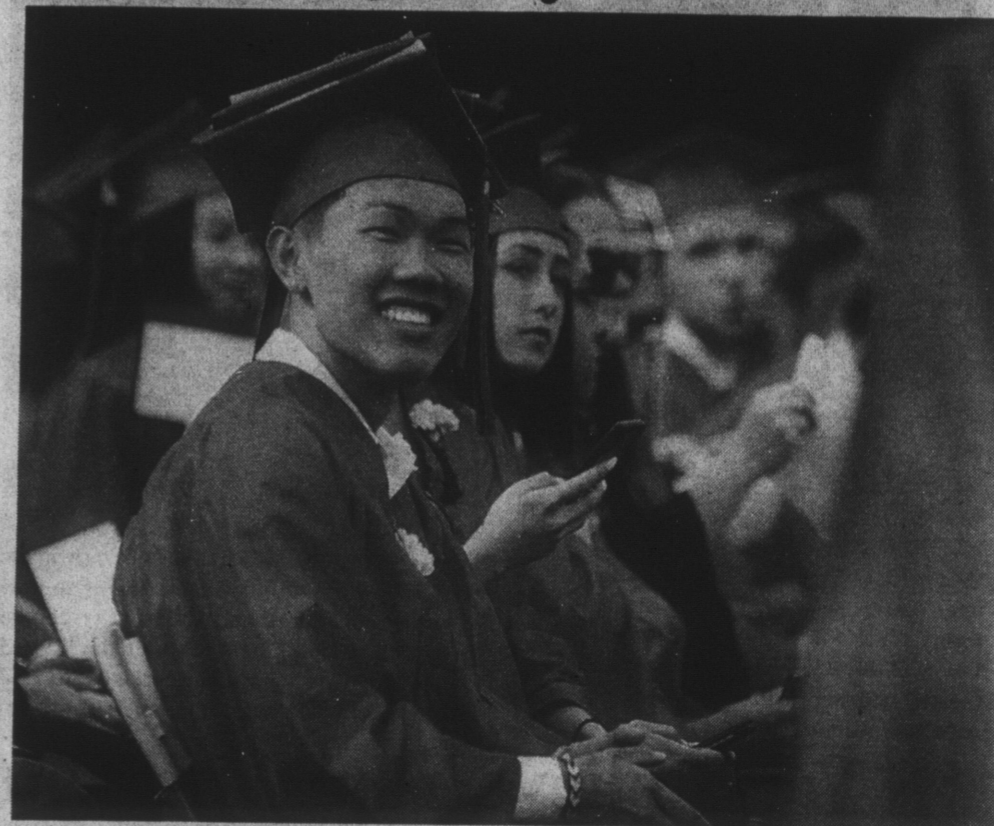
"We have all changed in unimaginable ways from freshman year; personally, I know freshman me would not have believed the number of dresses I have worn this spring," said Smith, who will attend Hamilton College.

"We've transformed from the beginners, relying on the old and wise upperclassmen to lead the way. Then we became those upperclassmen, and as seniors we served as the leaders of the building—whether on the field or in the classroom. As we matured, we have

learned confidence, and this is something to take with us in the future."

Smith ended her speech by reflecting on remarks "The Office" star John Krasinski made during a commencement address at Brown University.

"One line that stuck with me was, 'the truth can almost seem too simple,'" Smith said. "Like when you're taking a test and answered C three times in a



ANDY LIANG is all smiles during the North Quincy High School 2019 graduation ceremony.



JESSICA MORABITO, left, congratulates her friend Alex Soricelli during graduation.

row, and then get C again, you think no way could there be four Cs in a row. But if your gut is telling you to go with C, just go with it! "It is so easy to overthink, but sometimes, you just have to go with the flow. Worry less about the small things, because in the grand scheme of life, no one is going to remember every detail. But I know for sure that we are all going to remember today."

Principal Robert Shaw said the graduates should find strength in the challenges they've overcome as they prepare for the future.

"You are your future. There are 338 ways out of the stadium tonight. Not one of them goes the same way as the other 337. My message is to each one of you is to attend to the one that belongs to you. Build on the accomplishments you already have, find strength

from the challenges you've already confronted," Shaw said.

"The Roman Emperor Marcus Aurelius wrote, 'Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason which today arm you against the present.' His insight reminds us that you will draw on where you lived and what you already know to find your way."

**BEST WISHES
TO THE
CLASS OF 2019**

BRUCE AYERS
State Representative

**Congratulations
Class of 2019!**

Good luck in all of your
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**Congratulations
and Good Luck**

**Wishing You A
Bright Future**

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State Senator

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*Congratulations
& Best Wishes
Mayor Tom & Christine Koch*

Class of
2019



Scenes From The 68th Quincy Flag Day Parade



RAY THEBERGE waves to well-wishers along the Quincy Flag Day Parade route. Theberge, a dedicated and exceptional Scout leader since 2001, was honored as this year's recipient of the Richard J. Koch Youth Service Award. The award recognizes a leader working with and impacting the lives of youth in Quincy. He has served as a leader for Cub Scouts, Boy Scouts and began the coeducational Venturing Crew 42. He serves as the chairman of the board for Group 42 overseeing each of these groups.



A MEMBER OF the Quincy-North Quincy marching band performs a patriotic tune while marching in Saturday's Flag Day Parade.



MASSACHUSETTS SOCIETY Children of the American Revolution lead a colonial militia group marching in Saturday's Quincy Flag Day Parade. Quincy Sun Photos/Robert Bosworth



THE THOMAS CRANE Library Bookstore is offering a buy-one-get-one-free deal on all fiction books during the months of June, July and August. Sponsored and managed by volunteers of The Friends of the Crane Library, the little shop has a direct entrance at the rear of the library. Photo Courtesy Friends of the Crane Library

Crane Library Bookstore Summer Sale

Those lazy days of summer are nearly upon us, so

now is the time to kick off those shoes and lay in the sun with a really good novel purchased at a bargain price!

During the months of June, July and August the Crane Library Bookstore is offering a buy-one-get-

one-free deal on all fiction books, which includes the shop's special sections for mysteries and for science-fiction. Hard-cover books sell for \$2 and paper backs for \$1.

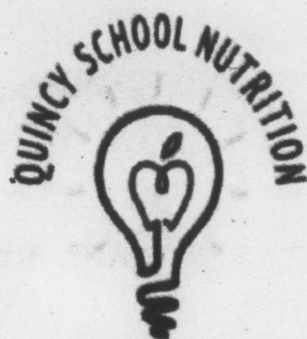
The shop's collection also features biographies of movie stars and notable political figures, an impressive variety of history books, classic literature, including a dedicated Shakespeare shelf, and DVD's (\$2) and CD's (\$1) of various genres.

Gently-used, resalable donations are accepted and can be dropped at the store or at the library's main desk. Hours are Thursday evenings from 6 p.m. to 8 p.m. and Saturdays from 10 a.m. to 4 p.m.

Sponsored and managed by volunteers of The Friends of the Crane Library, the little shop has a direct entrance at the rear of the library. Net proceeds of sales are used to fund and support the library's diverse community programs for adults and children.

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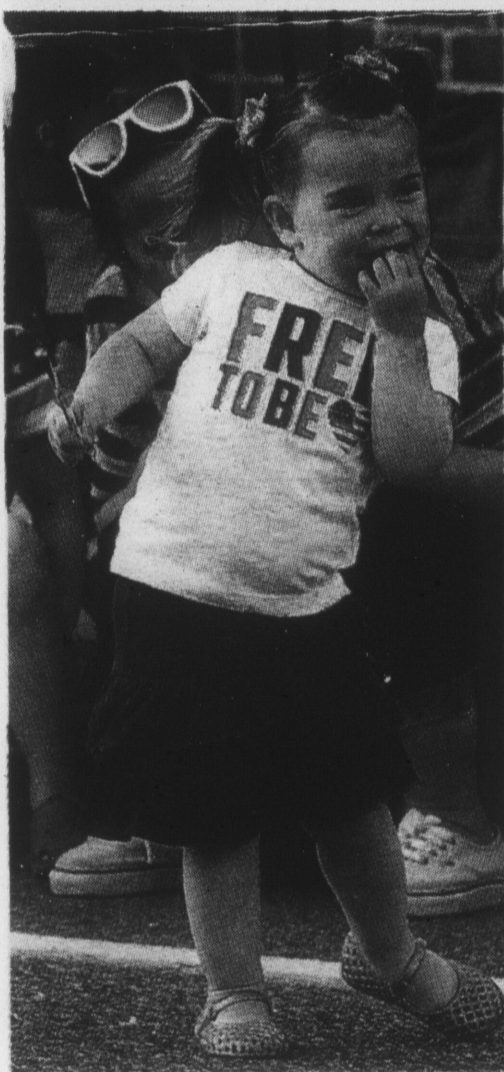
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MORE SCENES from Flag Day Parade: Top row from left: a young parade spectator smiles as she eyes marchers; a young Uncle Sam hands a small American flag to a youngster; students carry state flags including the banner of the Commonwealth of Massachusetts. Bottom row left: specialty groups marching included representatives from the Dorothy Quincy Homestead and Adams National Historical Park; and (right) militia aim and fire a volley.

Quincy Sun Photos/Robert Bosworth

MORE FLAG DAY PHOTOS
Page 30 and Online at
www.TheQuincySun.com
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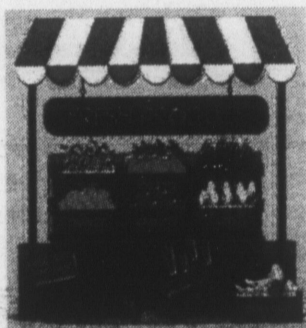
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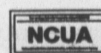
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Luc Theberge Receives QHS Diploma Posthumously

Students, Staff Remember Popular Senior At Class Of 2019 Commencement Ceremony

By SCOTT JACKSON

Quincy High School students and staff remembered the late Lucien "Luc" Theberge as a role model and positive influence during the school's commencement ceremony June 11 at Veterans Memorial Stadium.

Students and other participants in the commencement ceremony all wore yellow ribbons in memory of Mr. Theberge, a member of the Class of 2019, who died in a November car crash in New Hampshire. He was 18 years old.

Mr. Theberge was an Eagle Scout and member of the National Honor Society, robotics program and tennis team at Quincy High School. He had been a newscaster for The Quincy Sun for the past seven years, worked at Curry Hardware for nearly three years and had recently started an internship at Dive Technologies in Quincy.

Principal Lawrence Taglieri presented a posthumous diploma and National Honor Society sash to Mr. Theberge's father, Ray, and brother and sister Jonathan and Cecilia during the graduation ceremony. Those in attendance gave a standing ovation as Taglieri em-



LUC THEBERGE

braced the Theberge family. Taglieri said Mr. Theberge was a role model for students and faculty alike.

"Luc was a charismatic, mature and gifted young man. He was such a positive influence in our school community and touched the lives of both students and staff," Taglieri said. "He led a selfless life representative of his family that also embodied the code of the Boy Scouts. He is sorely missed by all of us."

"While we struggled with Luc's passing, it was his family that amazingly gave us strength in their most difficult time," Taglieri added.

Ray Theberge said his son was a role model to many in the community.

"The Theberge family acknowledges Luc's pass-



QUINCY HIGH SCHOOL Principal Lawrence Taglieri, left, presents Ray Theberge the diploma of his late son, Lucien Theberge, at the school's commencement ceremony June 10 at Veterans' Memorial Stadium. Luc, a popular student who was an Eagle Scout and member of the National Honor Society, died last November in a car accident in New Hampshire. He was 18 years old.

ing was a loss to Quincy as a community, but especially to the community at Quincy High. I know the students feel his absence," he said

prior to the commencement. "We were blessed with the opportunity to have him as a role model. In this day and age, it is difficult to

be a teenager. It was made a little easier by Luc. He was so honest about who he was, and he was proud and confident to make the

right choices, even if they weren't popular."

Mr. Theberge, Ray added, was honest, humble and

Cont'd On Page 26

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According to data from the U.S. Department of Education's College Scorecard, Quincy College students ranked #1 as top salary earners in Massachusetts across two-year public colleges.

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NORTHERN ESSEX COMMUNITY COLLEGE (\$32,400)

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*Graphic for illustrative purposes only

WHAT DOES THIS #1 RANKING MEAN FOR YOU?

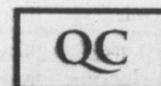
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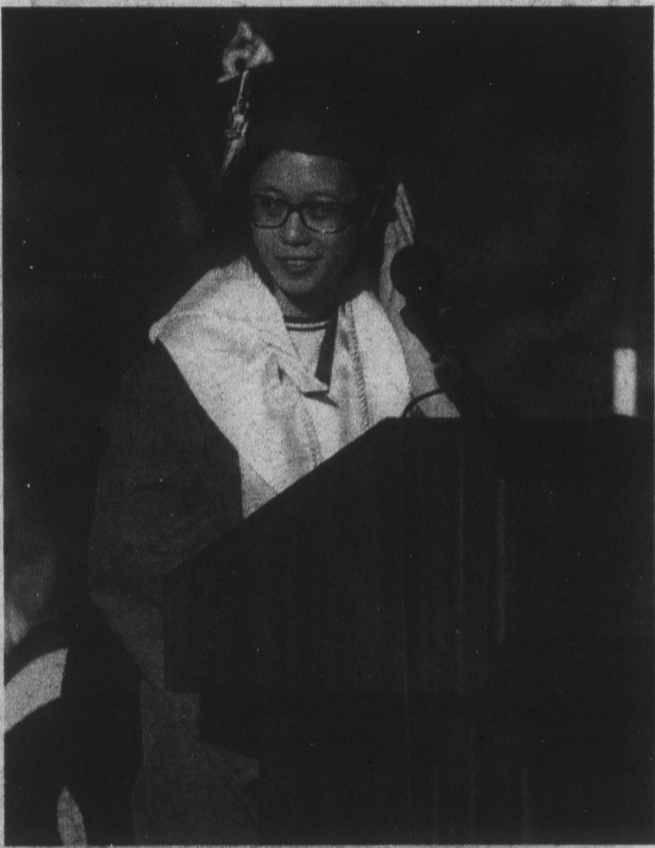
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QUINCY HIGH SCHOOL Class of 2019 Salutatorian Leslie Chen addresses the graduation.



TIFFANY LI waves during the Quincy High School graduation procession. Quincy Sun photos/Tom Gorman

'If You Believe You Can, You Will,' Quincy Graduates Told

Cont'd From Page 17

complishing whatever we set our mind to. Your presence here today is proof of that. If you believe you can, you will."

The Class of 2019 is leaving Quincy High School, van Gestel added, but each graduate should take comfort in knowing they still have a support system in place.

"These past four years at Quincy High have helped build you into the person you are today, but the greatest credit goes to the people that raised you; taught you, and grew up with you. They dealt with your good and bad days, your mistakes and your accomplishments. So even though we are leaving Quincy High, there is comfort in knowing that these people will be with you forever," van Gestel said.

She then recognized those who helped her along the way.

"I need to take a moment to thank all of the people that have carried me to this point. My mom, for being the single most strong person I know, my brother and sister for the endless laughs, and my grandmother and aunts for the love and support," van Gestel said.

"I also need to mention the people that couldn't be here today. My grandfather, Bobby Gaura, for doing sudoku with me every Saturday before I could even read, and who I'm reminded of every morning as I drive his old Buick to school.

"And to Luc Theberge, who left an everlasting mark on this class and this school. He was one of the first friendly faces I saw at Quincy High freshman year. Everyone who knew him can easily think back to a time when Luc showed his selfless and genuinely kind

character. He was always willing to listen, offer advice, and help in any way he could, so much so that we would go to Blue Hills or sit on the seawall to listen to me rant. He was truly one of a kind and will be missed forever."

Class President Dean Sirois-Watts said each of his fellow graduates overcame challenges during their time in school and should face future hurdles with the same level of dedication.

"It's been 12 years in the making, but finally, we are here today to celebrate the end of high school. It feels like just yesterday we were all freshmen, nervous for the changes high school would bring into our lives, and now here we are about to receive our diplomas and enter a new chapter in our lives," said Sirois-Watts, who will attend Emmanuel College.

"For many of us, the last four years have been that of hardships and change, despite what we each faced and how we responded, we all grew as people. Each and every one of us is here today due to the effort that we put into our education. All of that hard work has not only made our families proud but is a testimony to ourselves as individuals, and a sign of respect to those who couldn't be with us here today.

"My hope is that no matter what challenges we each face in our years after high school we will continue to face them with the same level of dedication, whether it be our next step in education or our future occupations."

Principal Lawrence Taglieri said the students of the Class of 2019 became a family during their time at Quincy High.

"For many of you, your journey at QHS started as freshmen and along the way



ROBERT STEVENSON Jr. looks to his parents as he celebrates receiving his diploma during the Quincy High School graduation on June 11 at Veterans' Memorial Stadium.

some of you joined this terrific class as sophomores, juniors and seniors. New students were welcomed, and you made what can often be a difficult transition for your new classmates seamless. You fostered relationships, created lifelong memories and became a

family," Taglieri said.

"What will always stand out about you is the leadership you showed, whether in a titled position or as a model for our underclassmen, each of you have been instrumental in the culture and climate of your school."

The Class of 2019, Tag-

lieri concluded, left a long-lasting mark on the school.

"You have started many initiatives that will carry on for years to come, proving that tradition never graduates," he said.

"The time has arrived for your next adventure.

Proceed with confidence and conviction and know that we will continue to follow you as proud alumni of Quincy High School. Honor your family, embrace your friendships, and may you achieve success and happiness in all you pursue."

**Congratulations,
Class of 2019!**

**Best Wishes
from**

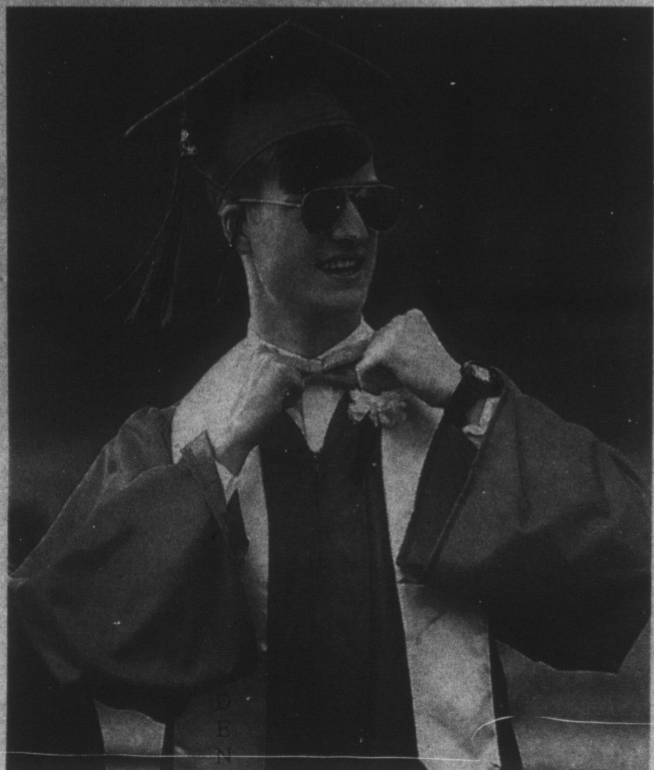
**Ron Mariano
State Representative**



**Congratulations
and Best Wishes!!
QHS and NQHS Graduates**

**Class of 2019
Dave McCarthy
Ward 1 Councillor**

Scenes From The NQHS Class Of 2019 Commencement



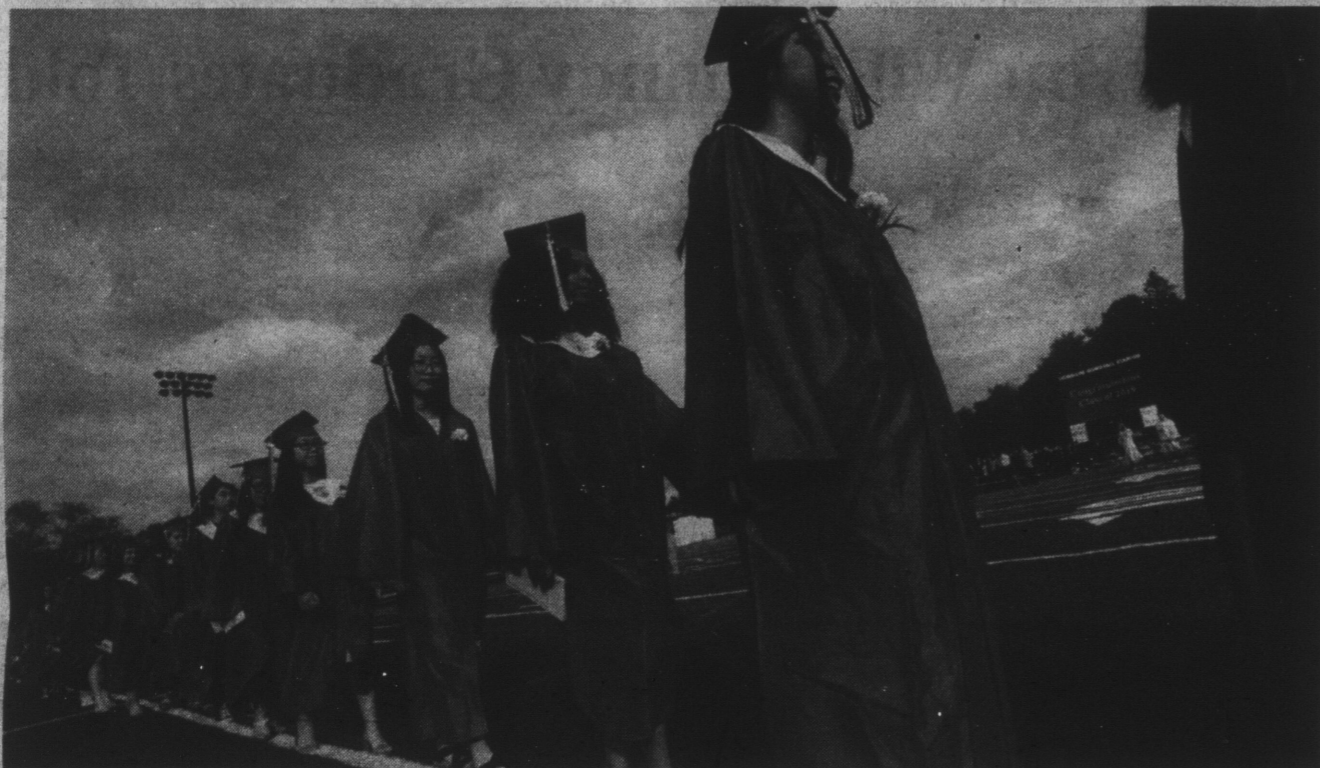
NORTH QUINCY High School Class of 2019 Vice President Jonathan Knowles adjusts his bowtie before the procession.



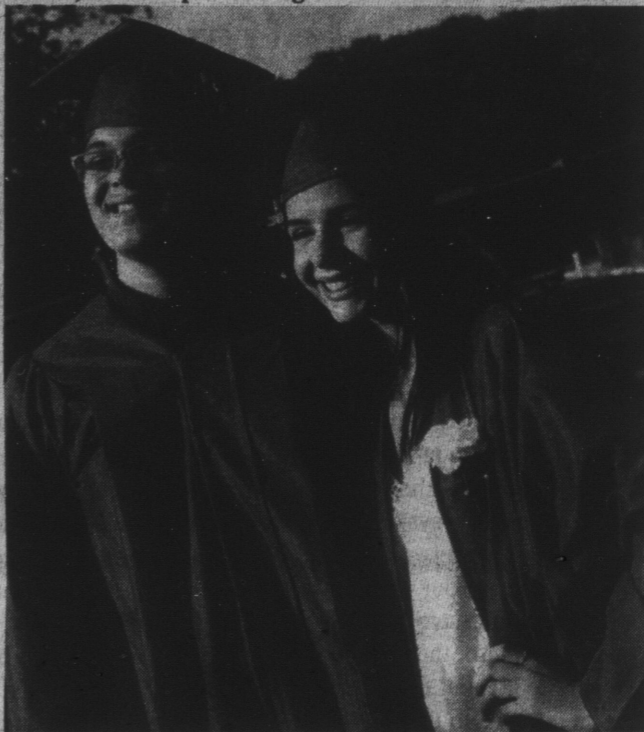
A NQHS Class of 2019 graduate sends a message of thanks to her parents.
Quincy Sun Photos/Tom Gorman



GIANNA PIRES, a 2019 graduate of North Quincy High School, strikes a pose during commencement.



NORTH QUINCY HIGH SCHOOL graduates-to-be file into graduation.



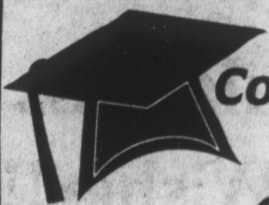
NORTH QUINCY HIGH School Class of 2019 classmates John Starkey and Artemis Mano pose before graduation.



BETTY ZYGOURAS pins the corsage on daughter Anastasia, a National Honor Society member.



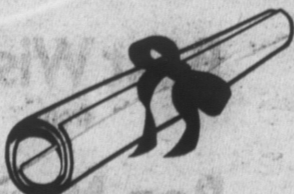
DAN FERRARA receives his diploma from North Quincy High School Principal Robert Shaw.



Congratulations
2019
QHS & NQHS
Graduates!

Doug
GUTRO
SCHOOL COMMITTEE

Congratulations
on this proud milestone
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Congratulations
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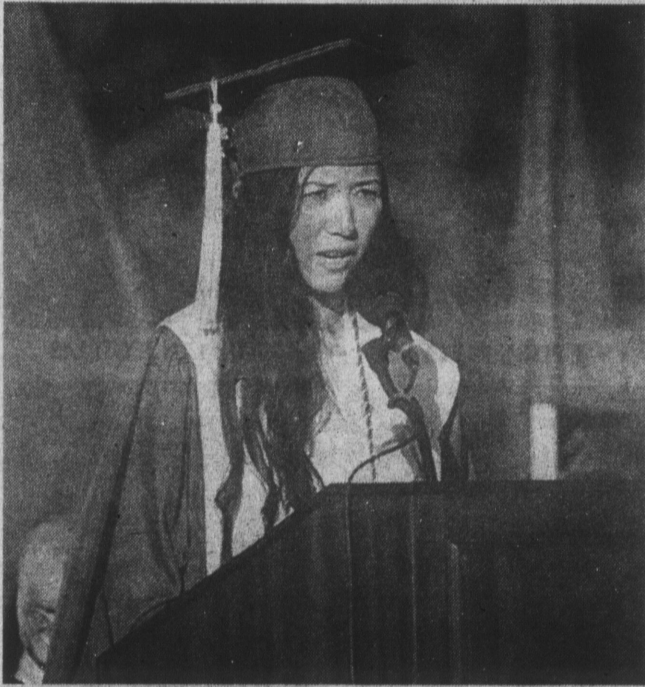
Anne Mahoney
Councillor-At-Large

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Scenes From The QHS Class Of 2019 Commencement

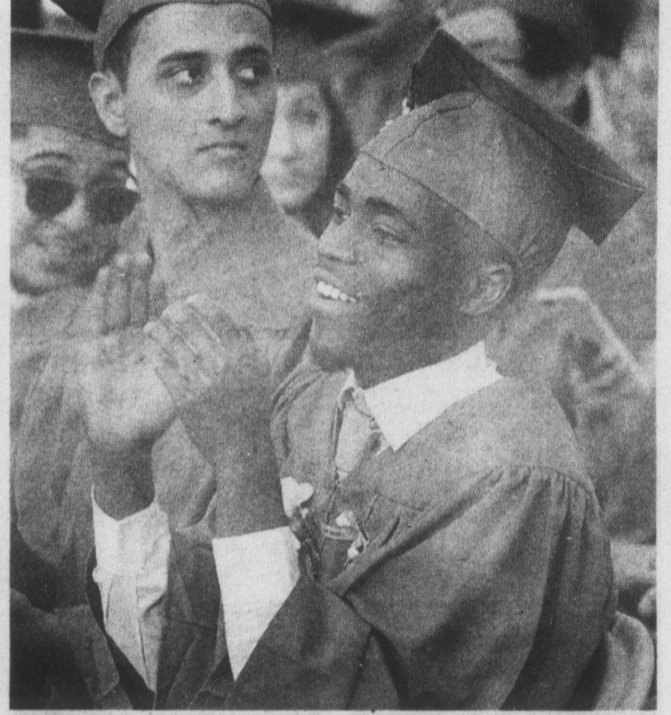


ANNE BALLARD, vice president of the Quincy High School Class of 2019, offers remarks at the school's graduation ceremony June 11 at Quincy High School.



A MESSAGE on a student's cap looks to the future.

Quincy Sun photos/Tom Gorman



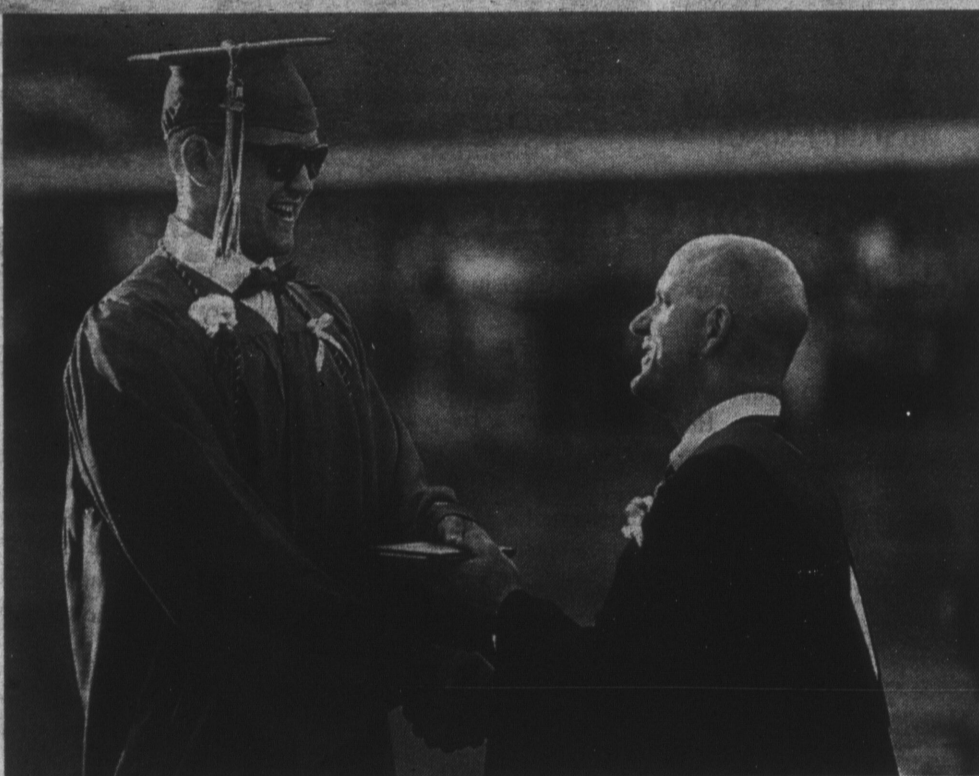
SHEELENS OSTINE, a newly-minted Quincy High School Class of 2019 graduate, applauds during commencement.



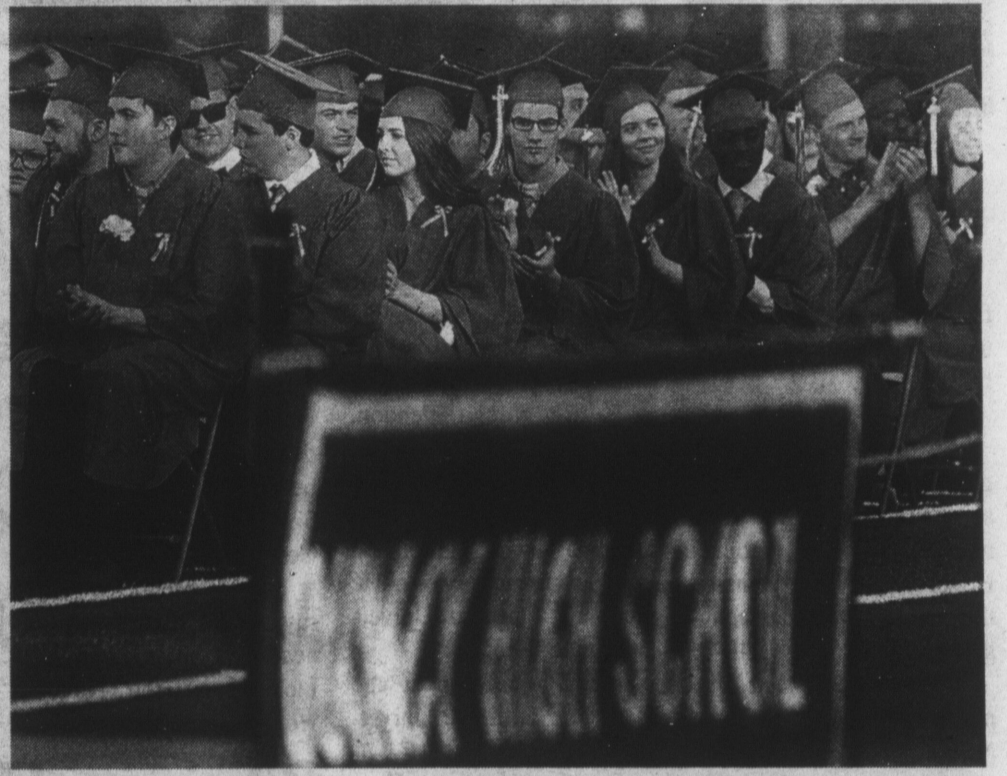
QUINCY HIGH SCHOOL graduates-to-be file into Veterans' Memorial Stadium for commencement.



QUINCY HIGH SCHOOL Class of 2019 graduates toss their caps at the end of commencement.



MARK McKENNA receives his diploma from Quincy High School Principal Lawrence Taglieri.



QUINCY HIGH SCHOOL Class of 2019 graduates applaud their parents during graduation.

Education is Eternal

Family is Forever!

**Congratulations and
Good Luck**

Paul Bregoli

Quincy School
Committee

**Congratulations
to the Class of
2019**

**Wishing you every success
in your future endeavors.**

**Don Uvanitte
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**Congratulations
Graduates!**

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Quincy High

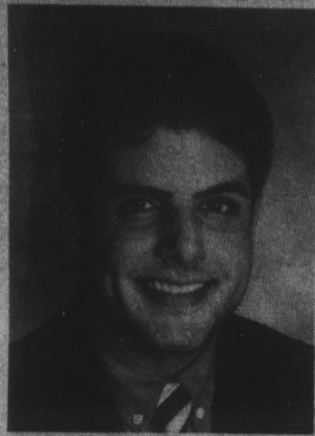
Theo Fox, Anne Ballard,
Collin MacDonald, Matthew Sheridan,
Rachel Smith, Elizabeth Roos

NQHS:

Anthony Capostagno



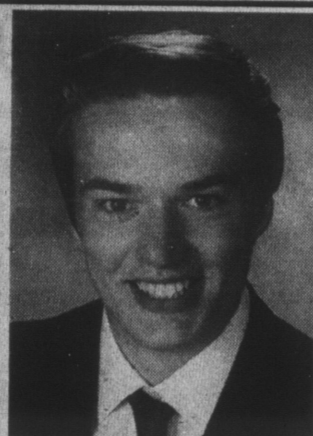
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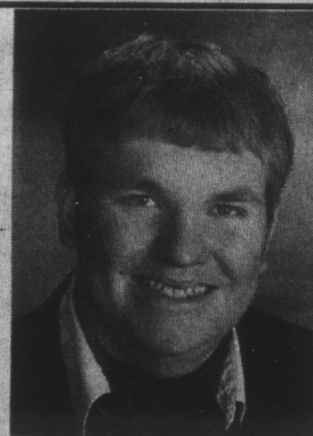
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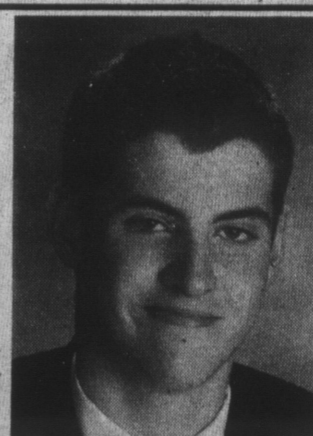
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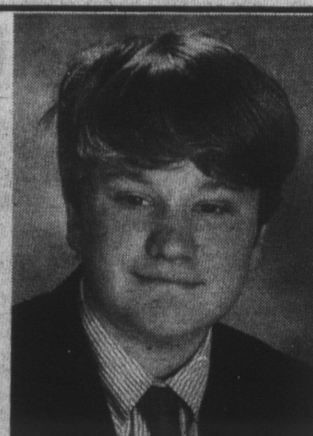
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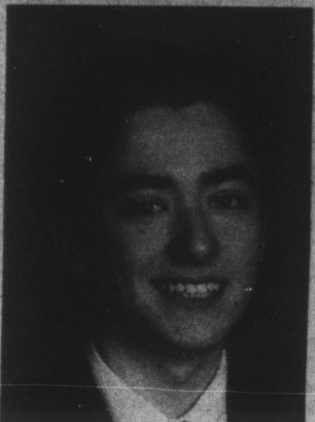
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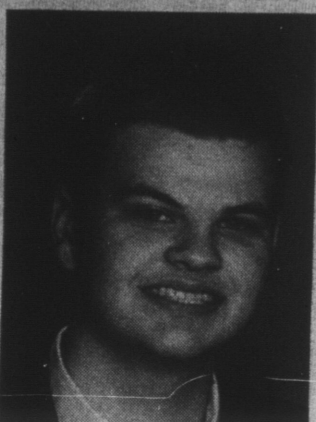
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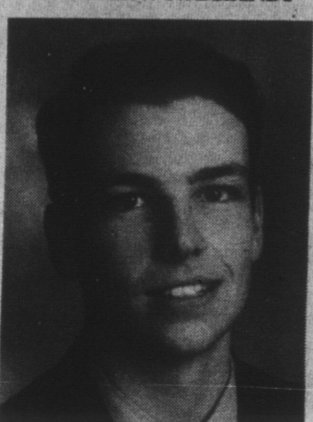
COLMAN J. GILLIS



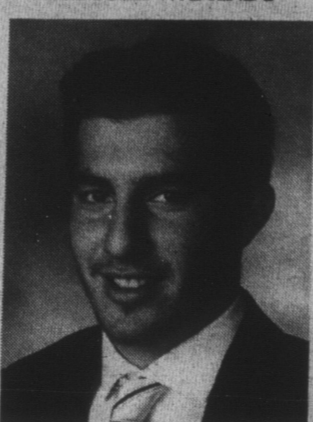
PATRICK K. HENDON



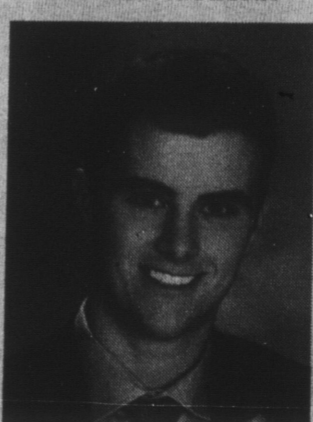
DYLAN T. KAZMOUSKI



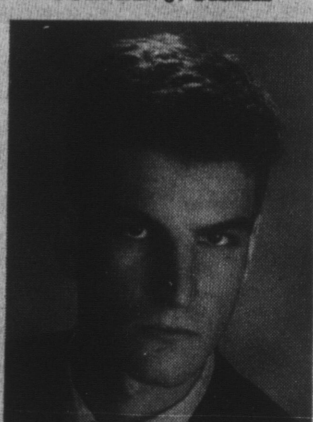
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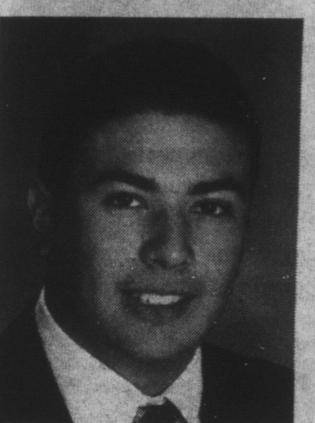
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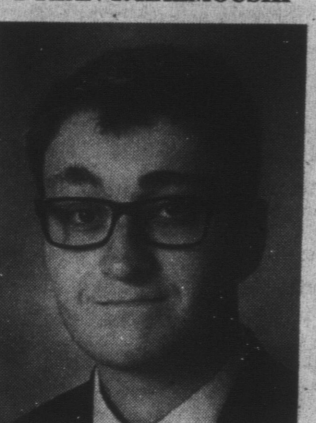
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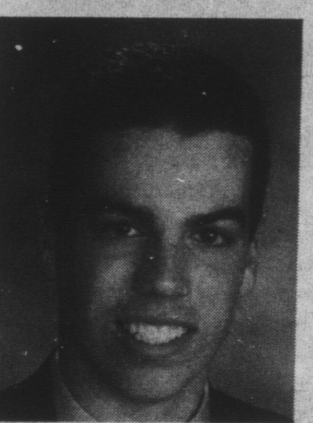
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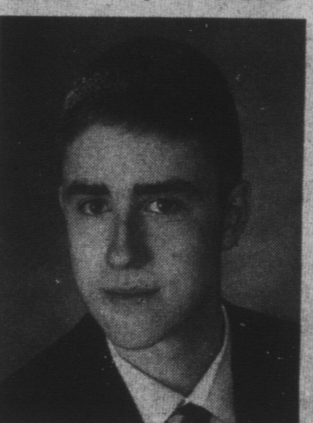
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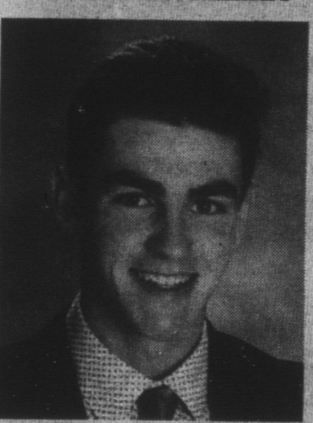
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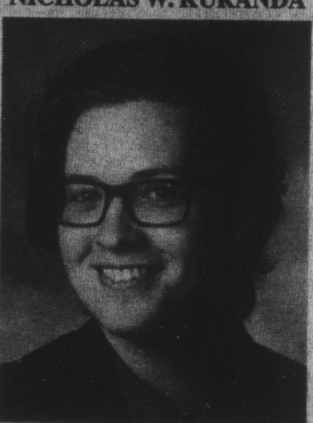
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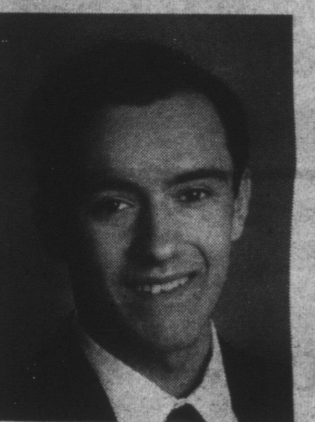
JAKE S. MURRAY



AIDAN P. O'SULLIVAN



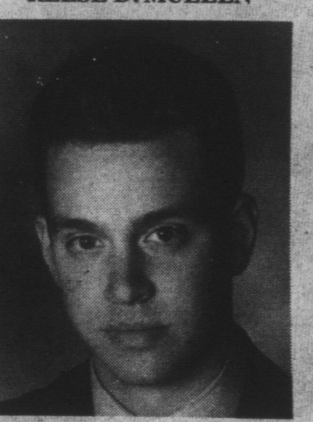
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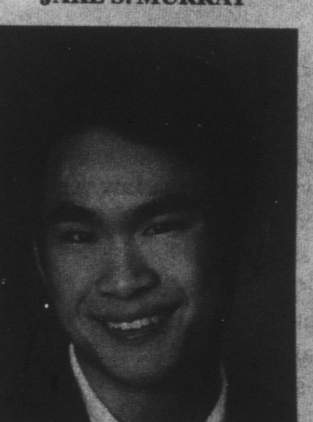
DEVLIN T. PETERSON



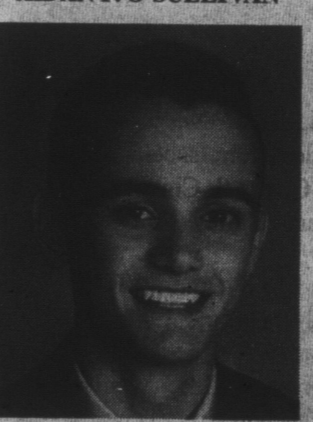
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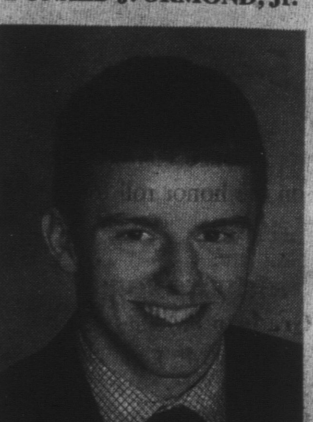
JOHN M. RILEY



MICHAEL J. SONG



MATTHEW J. SUMMERING



GRANT P. WARD

24 Quincy Students Graduate From Boston College High School

Twenty-four students from Quincy recently graduated from Boston College High School.

The local graduates are:

Andrew Michael Bargoote II, who graduated with academic honors and as a member of the National Honor Society. He plans on the University of Massachusetts, Amherst in the fall.

Michael W. Bennett, who plans on the University of New England in the fall.

Matthew Nunciato Brandi, who graduated with academic honors and as a member of the National Honor Society. He plans on Boston College in the fall.

Samuel W. Danby, who graduated with academic honors and as a member of the National Honor Society. He plans on the Stevens Institute of Technology in the fall.

Stephen Raymond Flynn, who graduated with academic honors. He plans on Bowdoin College in the fall.

Colman James Gillis, who graduated with academic honors and as a mem-

ber of the National Honor Society. He plans on Loyola University Chicago in the fall.

Patrick Kenzo Hendon, who plans on Michigan State University in the fall.

Dylan Thomas Kazmowski, who graduated with academic honors. He plans on Fairfield University in the fall.

Kevin John Keenan, who plans on Marquette University in the fall.

Brendan Jerome Kennedy, who graduated with academic honors. He plans on Providence College in the fall.

Alexander Michael Kiley, who graduated with academic honors and as a member of the National Honor Society. He plans on Elon University in the fall.

Nicholas Willard Kuranda, who graduated with academic honors and as a member of the National Honor Society. He plans on Tufts University in the fall.

Connor Michael McDonald, who plans on Endicott College in the fall.

David Henry McNulty, who plans on Fairfield University in the fall.

Reese Daniel Mullen, who graduated with academic honors and as a member of the National Honor Society. He plans on Boston College in the fall.

Jake Stephen Murray, who graduated with academic honors and as a member of the National Honor Society. He plans on

Bridgewater State University in the fall.

Aidan Patrick O'Sullivan, who graduated with academic honors. He plans on Stonehill College in the fall.

Donald J. Ormond, Jr., who graduated with academic honors and as a member of the National Honor Society. He plans on Le Moyne College in the fall.

Devlin T. Peterson, who

plans on Canisius College in the fall.

Thomas R. Richardson, who graduated with academic honors. He plans on Bryant University in the fall.

John Michael Riley, who plans on the University of Massachusetts Lowell in the fall.

Michael Jiaming Song, who graduated with academic honors and as a member of the National Honor

Society. He plans on Tufts University in the fall.

Matthew John Summering, who graduated with academic honors and as a member of the National Honor

Society. He plans on Tufts University in the fall.

Grant Patrick Ward, who graduated with academic honors. He plans on the College of the Holy Cross in the fall.

Matthew John Summering, who graduated with academic honors and as a member of the National Honor

Society. He plans on Tufts University in the fall.

Grant Patrick Ward, who graduated with academic honors. He plans on the College of the Holy Cross in the fall.

Matthew John Summering, who graduated with academic honors and as a member of the National Honor

Quincy High Remembers Luc Theberge

Cont'd From Page 22

helpful.

For his Eagle Scout project, Mr. Theberge constructed a new outdoor classroom at the Bernazzani School. The Michelle Theberge Memorial Outdoor Classroom was named in honor of Mr. Theberge's late mother, who her son credited with instilling in him the values of community service and dedication.

Ray said his son's classmates recently dedicated a memorial garden as part of the outdoor classroom

in Mr. Theberge's memory. The classmates sold wristbands with Mr. Theberge's mantra, "Make your own sunshine," to raise funds for the project and surprised the Theberge family with the new garden.

Ray also raised more than \$4,000 in memory of his son, which he donated to the robotics program at Quincy High School. The money will be used to purchase kits to enter the FIRST Tech Challenge robotics competition, which Ray likened to a junior varsity program for

students new to robotics.

On Saturday, Ray received the Richard J. Koch Youth Service Award during the city's annual Flag Day ceremony. Mayor Thomas Koch, the son of the award's namesake, said Ray was selected for his leadership of Boy Scout Troop 42.

Ray has been involved with the troop since 2001, starting as Cub Scout leader, and then as the leader of Troop 42. He also began the co-educational Venturing Crew 42 for teens and young adults ages 14 through 21.

Society. He plans on Tufts University in the fall.

Matthew John Summering, who graduated with academic honors and as a member of the National Honor Society. He plans on the University of Massachusetts, Amherst in the fall.

Grant Patrick Ward, who graduated with academic honors. He plans on the College of the Holy Cross in the fall.

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Matthew John Summering, who graduated with academic honors and as a member of the National Honor

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NQ Alumni Scholarships Presented To NQHS Student-Athletes

Four North Quincy High School seniors received \$2,500 NQ Alumni scholarships at the annual awards ceremony for the Class of 2019 held June 7 at the high school.

Quincy Mayor Thomas Koch presented the awards on behalf of NQHS Football Alumni.

Raider football alumni Joshua Dangora and Win Tran received the NQHS Alumni Football Scholarships, and Raider alumnae Samantha Smith and Maria Zrazaa received the NQHS Alumni Student Athlete Scholarships.

The awards are funded by sponsors and players participating in the annual NQHS Football Alumni Golf Tournament. This is the 25th year of the tournament that has seen the scholarship support grow from a single \$500 award to four \$2,500 awards.

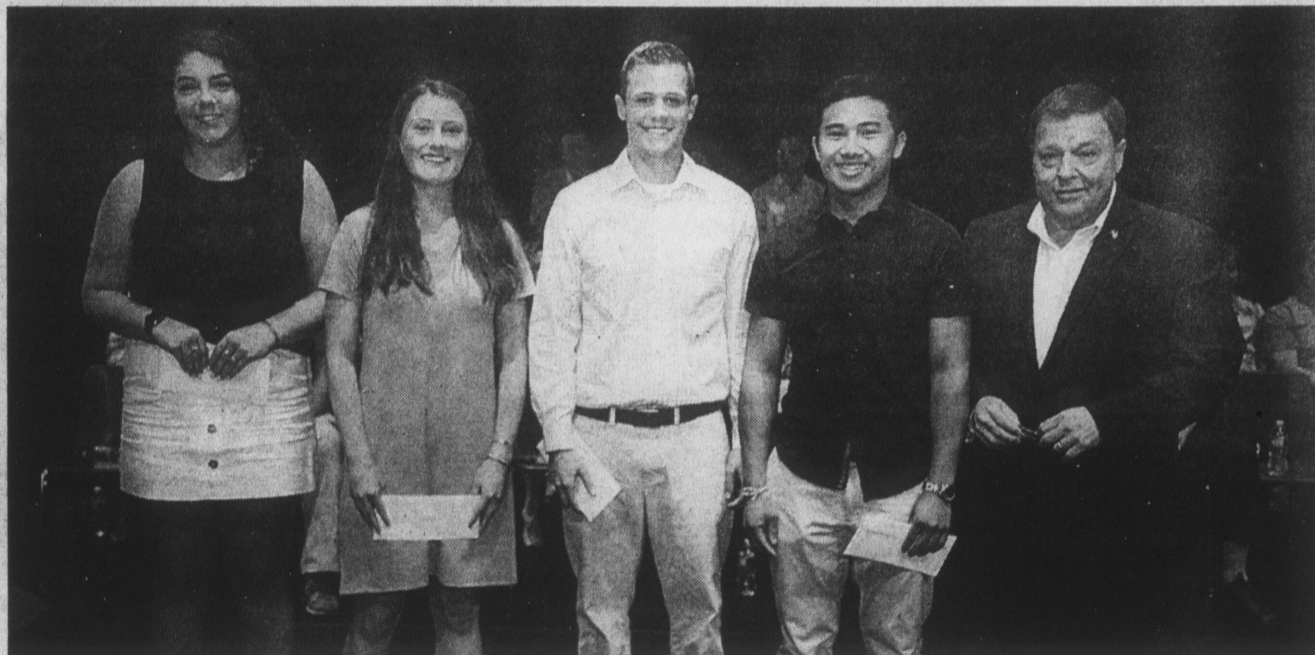
Mayor Koch, a longtime sponsor, will be the 2019 tournament honoree on Monday, June 24, at Hyannis Golf Course on Cape Cod.

Dangora, a scholar-athlete, played football all four

years and basketball in his freshman and sophomore years at North. In 2016 he was recognized as Best Offensive Player on the junior varsity football team, and in his senior year he was elected co-captain. Dangora has volunteered in many Cleaner Greener Quincy activities, and was elected Prom King in both his junior and senior years. He will be attending Westfield State University in the fall where he plans to pursue a career in sports management.

Tran, a leader and role model, has worn North's uniforms in both football and volleyball throughout high school and was elected as a captain for each team. He also wears the uniform of an Air Force JROTC flight sergeant, where he is responsible for more than 20 cadets. Tran also volunteers as a Catholic Youth Development instructor and altar server at Saint Ambrose Church in Dorchester. He was accepted Early Decision to Syracuse University and plans to major in business.

Smith is an excellent student, student leader and



FOUR NORTH QUINCY High School seniors received \$2,500 NQ Alumni scholarships June 7 at the annual awards ceremony for the Class of 2019 held at the high school. Quincy Mayor Thomas P. Koch presented the awards on behalf of NQHS Football Alumni. From left to right are scholarship recipients Maria Zrazaa, Samantha Smith, Joshua Dangora and Win Tran with Mayor Koch.

Photo Courtesy John Flynn

a three-season athlete. She is president of the 2019 senior class, and was also class president in her junior year, and served as vice president of her freshman and sophomore classes. Wearing North's colors in soccer, basketball and softball for four years, Smith was team captain in all her varsity sports. She also volunteers for Special Olympics and Buddy Basketball.

Smith coached a youth soccer team, and is a summer Recreation Leader. She will attend Hamilton College in New York and plans to study mathematics.

Zrazaa is a creative, compassionate and hard-working student-athlete. She represented the Raiders in basketball and soccer throughout high school, and was a member of the Drama Club in which she

performed in and assisted in a number of school productions. As a senior, Zrazaa was elected co-captain of the varsity basketball team, and also volunteers with Buddy Basketball and the CFC Soccer Clinic. She is a member of ALLIES, a peer training program with DOVE, and works as a life-

guard. She will attend the University of Massachusetts at Amherst and plans to pursue a career in medicine.

Organizers of the June 24 golf tournament expect it to sellout as this marks the 25th year of the fundraiser. For information email Sue Stamos at justpeace1@msn.com.

54 Students On Quincy Catholic Academy Honor Roll

Quincy Catholic Academy announces 54 students are on the honor roll for the third term.

They are:

HIGH HONORS

Grade 6: Madhu Giridhar, Tyler Mergel, Nancy Ng.

Grade 7: Matthew Farrell, Aaron Fernandes, So-

phia Ngo, Neve McHugh, Kalea Mon, Isabella Zhang.

Grade 8: Chika Akukwe, Liam Bailey, Olivia Bailey, Kate Billard, Anthony Cheung, Laura DePass, Ashna Guha, Caroline Kelly, Mia Pecevich, Danny Tran, Enzo Vallee, Samantha Wong and Zixi Zheng.

HONORS

Grade 6: Tanmay Chandra, Chloe Chu, Austin Kwan, Francesca Luy, Keila Pierre, Collin Waldron, Brandon Wu, Dennis Zhang.

Grade 7: Kevin Cai, Matthew Chiu, Jiahua Lin, Maximilian Maraj, Tristan Quach, John Rixham, Abigail Szeto, Kimi Vallee.

Grade 8: Ella Connolly,

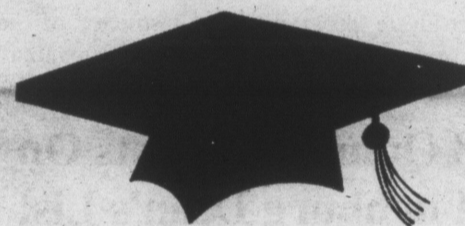
Hana Coppenrath, Lily Mei, Hugh Scott and Max Toomey.

PRESIDENT'S LIST

Grade 7: Rebecca Chan, Angela Connelly, Sophia Fabrizio, Raleigh Gu, Ryan Li, Eros Ng, Brielle Schlager, Francis Zheng.

Grade 8: Zyla Cappelano, Ella Stafford and Lena Waldron.

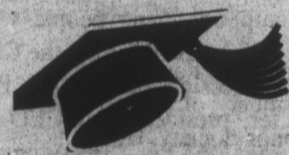
Congratulations & Best Wishes!



Tackey Chan
State Representative
2nd Norfolk District

Congratulations

to the
CLASS OF 2019



City Clerk
Nicole Crispo & Family

2019 Graduates, all.....

TODAY IS YOUR DAY..

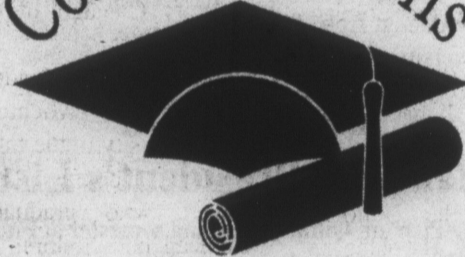
(as Dr. Suess would say)

**"You're off to Great Places!
So...GET ON YOUR WAY!"**

CONGRATULATIONS!

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Congratulations



Joe Shea
Norfolk County Commissioner



Congratulations and Best Wishes to the Class of 2019!

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Congratulations Class of 2019!

Graduation marks an important milestone. You made it! Celebrate this moment! Be proud of what you have accomplished!

Today starts your journey of infinite possibilities! Reach beyond the stars! Go after every dream, and always remember the community and home you always have in our city - Quincy.

Nina Liang
COUNCILOR AT-LARGE



Congratulations!



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8 Quincy College Home Health Aide Students Graduate

Eight Quincy College Home Health Aide (HHA) Non-Credit Certificate Program students recently graduated completing their Home Health Aide education in seven weeks, many with a job offer in hand.

"Although we offer many different workforce development training programs at Quincy College, the Home Health Aide program is one of the most competitive programs because it offers students the opportunity to continue grow professionally in an area of great demand like the home health aide, healthcare industry," said Kate Lopci, associate vice president of Workforce Development and Community Engagement. "Furthermore, this program also provide a path to continuing college education into Nursing or Health and Science programs, for many students. The seamless collaboration among community partners City of Quincy, and Best of Care Inc. played a crucial role in helping Quincy College students gain not only academic and job readiness skills, but a pathway to employment in the healthcare field," Lopci added.

The seven week, 160 class hour Quincy College Home Health Aide Non-Credit Certificate program is a collaborative effort between Quincy College, Best

of Care Inc, and the City of Quincy funded under the Community Development Block Grant (CDBG) from the City of Quincy. The eight students who completed the program are the fifth cohort of students to graduate from the HHA program from Quincy College. The graduates range in age from 22 years old to 58 years old and represent 5 countries: USA, Brazil, Haiti, Cameroon, and Puerto Rico.

The graduates are:

Nakeya Bogarty of North Quincy, Paula Fonseca of Brighton, Cheryl Ford of Holbrook, Jennifer L. Labrie of Plymouth, Yvette Malla of Dorchester, Donna L. McLeod of Quincy, Milca E. Navarro of West Roxbury and Herbitch (Herb) Touzin of Quincy

In attendance at the June 10th graduation ceremony held at Quincy College's Quincy Campus were representatives from the City of Quincy, Best of Care Inc, and Quincy College. Quincy College President Michael Bellotti along with Kate Lopci, Associate Vice President of Workforce Development and Community Engagement delivered greetings to the graduates and their families.

Quincy College faculty and instructor of the HHA Program, Samantha Landers, RN, BSN, spoke and



QUINCY COLLEGE, the City of Quincy and Best of Care Inc. celebrated eight students from the Home Health Aide Non-Credit Certificate Program June 10. From left to right: Kevin Smith, CEO, Best of Care Inc.; Kate Lopci, Associate Vice President of Workforce Development and Community Engagement; Cheryl Ford, Milca E. Navarro, Herb Touzin, Yvette Malla, Jennifer L. Labrie, Paula Fonseca, Donna L. McLeod, Nakeya Bogarty; Samantha Landers, RN, BSN, instructor, and Sherry Zou, Grants Compliance Planner, Department of Planning & Community Development, City of Quincy. Photo Courtesy Quincy College

awarded certificates of completion to program participants. Landers is an alumna of the Quincy College Nursing Program, Class of 2009.

Nakeya Bogarty, Cheryl Ford, Yvette Malla, and Herbitch (Herb) Touzin provided diverse student reflections as parents, students, and healthcare professionals to fellow classmates to conclude the ceremony.

"Obstacles are a part of life," Bagarty said. "How you move over them, how you move past them develops strength. I have proven to myself I can do it. I did it. I can set goals large and small to show my daughter what success can look like.

This program provided me with all the resources and support to be successful. These last few week have been both fun and fundamental."

Upon successful completion of the Quincy College Home Health Aide program, graduates will be offered a path to employment through Best of Care, Inc.; prior to the June 10th graduation ceremony, seven of the eight graduates have had interviews with Best of Care Inc.

The Quincy College Home Health Aide program is 160 class hours on the Quincy Campus of Quincy College. In collaboration with Best of Care Inc.,

Quincy College was able to provide supervised practical training in a patient care setting.

Kevin Smith, CEO of Best of Care, Inc welcomed graduates to the home health aide profession:

"This program does not exist anywhere else," Smith said. "Quincy College continues to be among the most forward thinking institutions in the City of Quincy. I cannot overemphasize the importance of creating meaningful home care employment opportunities

- especially as our industry is facing a workforce crisis. Kudos to the city for their participation in this training program and their acknowledgment of the critical role that home health aides play in keeping city residents safe, healthy and independent at home. Congratulations to the graduates and welcome to the profession."

To learn more about Quincy College's Workforce Development and Non-credit programs, visit: <https://quincycollege.edu/workforce-development/>.

8 Quincy Students On Fitchburg Dean's List

Eight students from Quincy were recently named to the Dean's List for the spring 2019 semester at Fitchburg State University.

They are: Marguerite E.

Belcher, Ryan C. Boretti, Bianca Cadet, Maura E. Crump, Noah T. Culp, Nicole A. Lee, Molly Minton, and Hailey M. Naistadt.

Brian Djerf Tufts Graduate

Brian Djerf of Quincy recently graduated from the Tufts University School of

Engineering with a degree in computer science.

John Pino On Fitchburg President's List

John A. Pino of Quincy was recently named to the President's List for the

spring semester at Fitchburg State University.

Madison Attardo On Dean's List

Madison Attardo of Quincy has been named

to the Dean's List for the spring semester at Dean College in Franklin.

Benjamin Morse Completing Colby-Sawyer Internship

Benjamin Morse of Quincy is completing Colby-Sawyer College's internship requirement this summer with CFA sweepstakes, games and contest management in Needham.

Morse is majoring in business administration and is a member of the class of 2020.

Internships are field experiences designed to

provide a student learning opportunity under collaborative supervision between Colby-Sawyer College faculty, staff, and work site professionals. Internships offer the opportunity for students to enhance their academic programs with work experience related to career interests in all industry areas in national and international settings.

Nine Residents Graduate Framingham State University

Nine Quincy residents recently earned degrees from Framingham State University.

They are:

Abby Smith, Bachelor of Arts degree; Jocelyn Johnston, Master of Science in nursing degree; Devon McKay, Master of Education degree; Pauline Tren-

holm, Master of Science in nursing degree; Eileen Mullins, Bachelor of Science degree; Lauren Gambon, Bachelor of Arts degree; Taylor Malott, Bachelor of Science degree; Meredith Johnston, Master of Education degree; and Brittany Walters, Master of Education degree.

Eight Quincy Students On Lasell College Dean's List

Eight students from Quincy are on the Dean's List for the spring semester at Lasell College in Newton.

They are:

Kimberly Andrews, Ci-

ara Flaherty, Emma Papile, Riley Driscoll, Karen Urdaneta, Gabriella Bertoldi, Naomi Kane and Cathleen Veiga.

Yi jie Wu Completes WPI Research Project In Moscow

Yi jie Wu of Quincy, a member of the class of 2020 majoring in chemical engineering at Worcester Polytechnic Institute (WPI), was a member of a student team that recently completed an intense, hands-on research through the WPI project center in Moscow.

The project was titled Promoting Interest in Informatics among Russian Secondary School Students. In their project summary, the

students wrote, "This project sought to assist Mail.ru Group in addressing the identified shortage of technical talent that emanates from inadequacies in the Russian education system."

At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to addresses an important societal need or issue.

Victoria Shen Awarded MSCPA Scholarship

The Massachusetts Society of Certified Public Accountants (MSCPA) announces Victoria Shen of Quincy was awarded the MSCPA Diversity & Inclusion Scholarship from the MSCPA's Educational Foundation.

Shen, a student at Babson College, was one of 52 students selected to receive a scholarship from the Educational Foundation's 2019 Scholarship Program. The students were presented with their awards at the MSCPA Believers and Achievers Recognition Reception on May 22 at Granite Links Golf Club in Quincy.

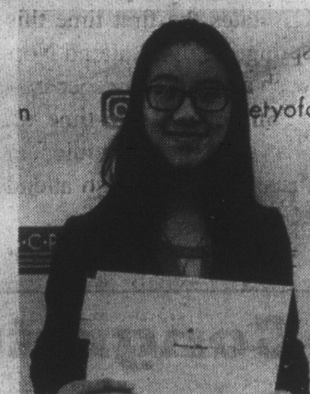
"The Society is proud to

16 Residents On Wentworth Dean's List

Sixteen students from Quincy are on the Dean's List for the spring semester at Wentworth Institute of Technology in Boston.

They are:

Cassandra Brandy Reamer, Sara G. Mahmoud, John Woo, Guanglin Zheng,



VICTORIA SHEN

support young people who will be the future of the CPA profession," said Amy Pitter, president and CEO of the MSCPA. "Becoming a CPA opens up different opportunities in a variety of fields, and we couldn't be happier to support students along their journey."

10 Students On URI Dean's List

Ten students from Quincy are on the Dean's List for the spring semester at the University of Rhode Island in Kingston, R.I.

They are:

Toni Alvarado, Lizzy

Chenxuan Xuan Zhang, Maurice Barros, Phyu Han, Jun Jia Huang, Wei Feng He, Vincent H. Nguyen, Matthew John Hines, Dovi Kokou Ajavon, Eric Linden Wahlstrom, Kevin Patrick Mortimer, Megi Baliko and Kristin Frisbie.

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Q-NQ Track, Field Holds Annual Banquet

The Quincy-North Quincy track and field annual banquet was held at Quincy High's President's Cafe with a crowd of close to 80 athletes, parents and coaches. Head Coach Geoff Hennessy was master of ceremonies and was assisted by Peter Chrisom, John Green, Carolyn Mullaney, Michelle Bell and Liz Green.

MVP Award winners were Abby Murphy and Benson Nguyen. Coaches Awards went to Ryan Polsgrove and Isabel Doherty and Unsung Hero awards were presented to Sean Hill and Rachel Smith.

Murphy has been an all-star seven times between cross country, winter track and spring track and made the Cross Country All-states four consecutive years - the only QHS girl to do so. She will attend Fitchburg State.

Benson has steadily improved all four years including qualifying for states this spring in discus. He will attend ENC.

Polsgrove is a consistent leader and has improved every year finally reaching the 5-minute mile at the League championship. He also will attend ENC.

Doherty has been a three-season athlete for four years (soccer, indoor track, outdoor track) and qualified for DI states the first time this spring. She will attend Norwich and will play soccer.

Smith is a two-time all star and state qualifier in discus. She will also attend ENC.

Hill is a transfer but played football and did winter and spring track. He consistently won in the 200 meters and also anchored the 4 x 100 relay which beat Hanover and Pembroke in

dual meets.

Patriot League All Stars went to Sarah Pillone, Abby Murphy, Rachel Smith and Sorcha Quinn. Sportsman-ship Certificates went to Benson Nguyen and Rachel Smith and Academic Allstars went to Ryan Polsgrove and Isabel Doherty.

The Girls team was presented with plaques for tying with Pembroke and Plymouth South for the Patriot League Fisher Division Dual Meet title, the first time in Spring track since 1984.

Attendance Awards went to Jonathan Bina, Robert Cannon, Bobby Donovan, Jose Las, Sorcha Quinn, Brian Gutro and Ryan Polsgrove. Certificates for ranking in the top ten in the state for their grade and event went to Robert Cannon - 2mile, Kiera Sleiman - Triplejump and 100m Hurdles, Clayton Corley - Javelin, and Sorcha Quinn - javelin. Most improved certificates went to Niamh Mwafurirwa - discus, Shabella Oliver - discus, Kaylee Sleiman - triplejump, Ekow Sam - 100m, Matt Francouer - 800m, and Clayton Corley - javelin. 4 year improvement awards went to Nick Ouellette - distance, and Troy Isaac - Discus.

Hennessy also mentioned that Sarah Pillone qualified for All States in the triplejump and placed at the State Coaches Meet in the 100m hurdles despite being out close to a month due to injury. Only a junior she will return next year. She did not lose an event in dual meets and was fourth at the League championship in the 100m hurdles and won the longjump. She set a new school record for NQ in the 100m hurdles with a 15.92.

Squantum Road Race Set For June 29

The Squantum Road Race, a tradition held annually as part of the 4th of July festivities in Squantum, will be held Saturday, June 29th.

Registration will begin at 9:30 a.m. at the Squantum Community Center, 50 Huckins Ave., North Quincy.

The race will kick off at 10 a.m.

Registration is \$20 for adults, and kids age 10 and under run for free.

Trophies and t-shirts will be provided. All proceeds go to the Squantum 4th of July Parade.



QUINCY-NORTH QUINCY track and field recently held its annual banquet Quincy High's President's Cafe with a crowd of close to 80 athletes, parents and coaches. Among the award winners were (from left to right) Sean Hill, Ryan Polsgrove, Benson Nguyen, Abby Murphy, Rachel Smith and Isabel Doherty. Photo Courtesy Geoff Hennessy

\$115.4 M School Budget Approved

Cont'd From Page 4

The budget is funded from Mayor Thomas Koch's \$110.2 million appropriation and from a projected \$5.2 million from the state Circuit Breaker fund. Koch is providing an additional \$5.3 million, or 5.10 percent hike for the upcoming year in city monies for the schools while the district is expecting a loss of about \$50,000 in Circuit Breaker funding in the upcoming year.

With about \$588,000 in savings from 14 retirements combined with the city appropriation and state funds, school officials had nearly \$2 million available to provide additional staffing and programs after contractual salaries and other expenses were covered.

The budget was approved by the city council on June 5 after a May 29 public hearing - the latter of which no member of the public had questions or comments.

Citywide PTO Co-President Courtney Perdios addressed the committee during its open forum session, expressing appreciation for school officials in addressing their requests about updating the health and social studies curriculums, security changes, and forming a committee to look at the homework policy.

DeCristofaro said the additional funding is going a long way for the upcoming year.

"We are extremely fortunate with the bottom line, thanks to Mayor Koch," he said. "We really covered a lot of arear in our budget."

Committee Vice Chairperson Emily Lebos thanked the residents for supporting the city's public schools.

"I like to thank the taxpayers of Quincy for their continued support of the Quincy public Schools," she said.

In another matter, the superintendent informed the committee that more than 150 Quincy middle school students gathered recently for the end-of-the-year celebration of the Girl Rising program. A video clip was shown of the celebration that capped off the year-long curriculum.

The event, held in the Quincy High School auditorium, featured speakers including Girl Rising documentary producer Kaycie Freed Jennings, Janelle Woods McNish of Harvard Pilgrim Health Partners and several students who read essays, performed a dance, and presented their research projects.

The Girl Rising program - a course taught in all the city's middle schools fo-

cused on shedding a light on inequalities females face in Third World countries - is based on Freed Jennings' 2013 film and a subsequent book. The film documented nine girls living in developing countries who were able to overcome cultural barriers and achieve their dreams through education. It highlighted how some impoverished young girls who are forced into arranged marriages and child slavery aren't given the opportunities to go to school.

Freed Jennings, wife of the late ABC News anchor Peter Jennings, visited Sterling Middle School in 2017 where the course was first offered to discuss her film.

Girl Rising is an international non-profit organization that promotes gender equality through media events, community partnerships, and student projects that inspires girls and boys thru storytelling. Through the program, students learn that education gives empowerment.

The school department began offering the Girl Rising course three years ago after receiving a grant to purchase the curriculum materials. The initiative is a

project-based learning unit where students learn about global citizenship in order to gain valuable skills. Statistical analysis, research, writing, storytelling, and art are incorporated into the program.

Last fall, Sterling Middle School student Athena Perry and her English Language Arts teacher Elise Regan were invited to attend the International Day of the Girl in New York City where she recited her rendition of Maya Angelou's poem "Still I Rise."

DeCristofaro praised the curriculum.

"It has grown into something incredibly special for so many of our students," he said. "English teachers from every middle school participated in the curriculum."

The committee referred three proposed policy changes to its next meeting in the fall, scheduled for Sept. 11. The policies are homeless students regarding enrollment rights and services, anti-bullying, and creating a policy for foster care students' services and enrollment. The policies will be discussed and possibly voted on at the Sept. 11 meeting.

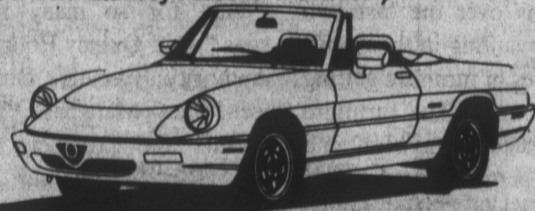
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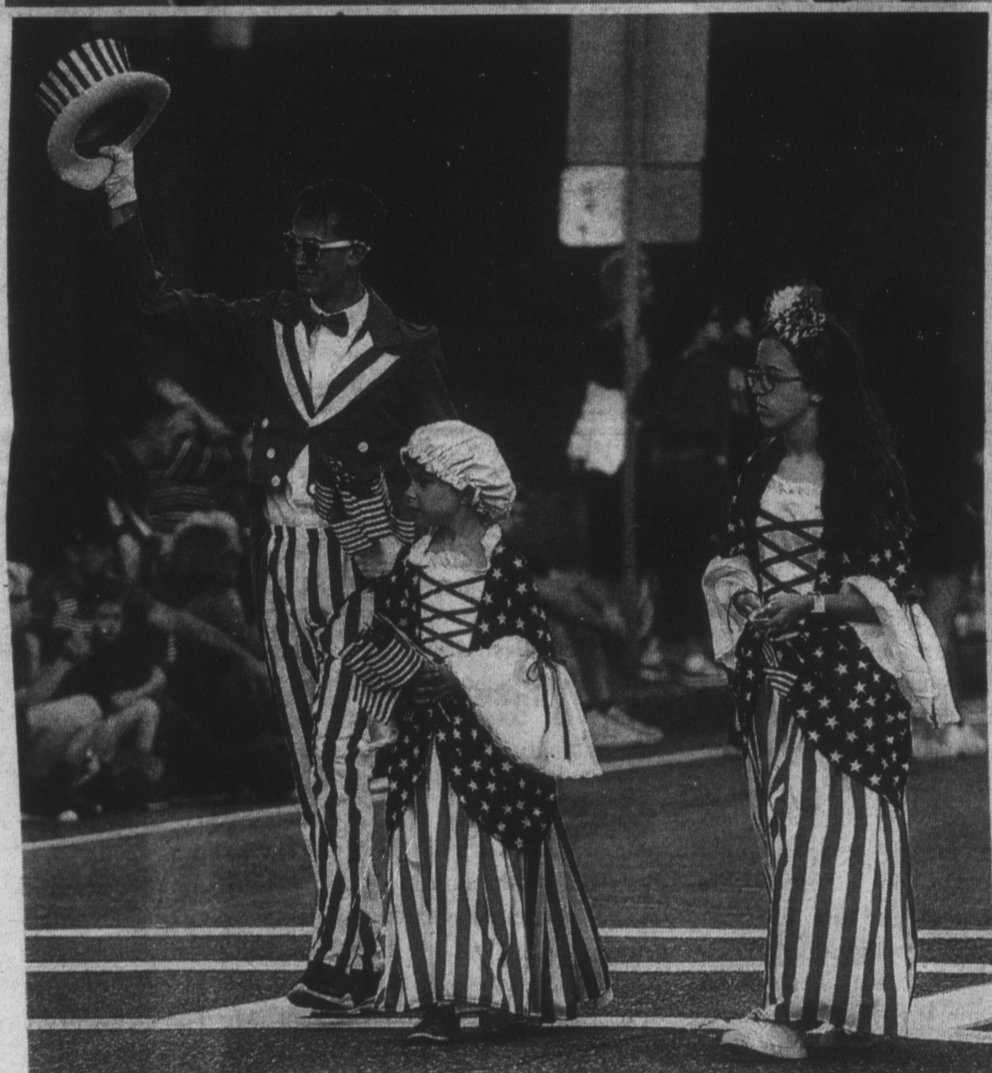
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Celebrating The Stars And Stripes At Flag Day Parade



Quincy Sun Photos
by
Robert Bosworth



New England Language School Opening In Quincy Center

New England Language School, a new language school in Quincy, will host a ribbon-cutting ceremony June 26 to officially open the new school at 1354 Hancock St., Suite 309.

Mayor Thomas Koch, Quincy Chamber of Commerce President Tim Cahill, Darlene Madera, founder and director of New England Language School and a number of employees will cut the ceremonial ribbon.

New England Language School offers language classes for adults and teenagers (15+) and corporate language training for companies. Students have a choice of eight languages

to learn: English (ESL), French, German, Italian, Japanese, Mandarin, Portuguese, and Spanish, or you can request a language. Registration can be done online, by phone, or in person.

After nearly eight years of working in language education in Boston, Darlene Madera, opened New England Language School (NELS) in Quincy.

"Learning another language and about other cultures is enriching and provides opportunities for personal and professional growth. As a long-time resident of Quincy, I recognize that there's a growing need and desire for language

classes in the community. We look forward to offering even more language classes in the future," Madera said.

NELS is hosting its first open house on Saturday, June 22, from 1 to 3 p.m. The school is located across the street from the Quincy Center MBTA station on the Red Line train.

New England Language School in Quincy is language school for adults and teenagers (age 15 and older). NELS offers classes in morning, afternoon, and evening every day of the week including Saturday and Sunday. For more information visit: www.newenglandlanguage.com.

Free Furniture Giveaway At Quincy Housing Authority

Over 80 residents recently packed Tobin Towers in preparation of a free furniture and trinket giveaway.

The Quincy Housing Authority has teamed up with "Trinkets and Treasures," a high-end estate company to offer residents an opportunity to win free furniture and household items.

The Quincy Housing Authority has conducted these auctions over the last two years resulting in thousands of pieces of furniture getting new homes. The furniture is donated from high end homes across the state and is picked up by Quincy Housing Authority and staged in

the community rooms.

Each tenant attending is given 20 raffle tickets and they select the items they wish to win. Much like a public auction the numbers are pulled and read aloud until someone claims their prize. The items are cleaned and then delivered right to their unit by the authorities employees.

"I love hosting these events for so many reasons," said Quincy Housing Authority Executive Director James Marathas. "The tenants are extremely appreciative and they are entering to win the items they selected meaning they need

it, it reduces down more trash from being added to our landfills, the employees feel good giving back to our tenants.

"And most importantly you leave with a sense of having done something nice for someone. It is very rewarding. The employees cook lunch for the tenants and it ends up being a great day for everyone" Marathas added.

By the end of the event the room was completely emptied and the tenants were back in their unit re-decorating waiting for the next announcement of more chances to win.

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First Baptist Church of Wollaston

Sunday morning worship begins at 10:30 a.m. at First Baptist Church of Wollaston, 81 Prospect Ave., Quincy.

A fellowship hour of conversation and light refreshments in the chapel will follow the service.

Prior to the Sunday worship service is an English Bible Class in the Chapel at 9:15 a.m. in the chapel. A Vietnamese Bible Class begins at 9 a.m. Contact Pastor Duc at ducphambos-

ton2015@gmail.com.

Pastor David Choi will preach his sermon: Luke 15: 18-20 "Get up And Go."

Looking for in-depth Bible discussions? Join the Thursday Bible Class at 7 p.m. Have fun learning the Bible (the book of Daniel).

The church office is open from 10:30 a.m. to 5 p.m. Tuesday, Thursday and Friday. Contact number is 617-472-0824 or visit the website [www.FirstBaptistChurchOf-](http://www.FirstBaptistChurchOf-Wollaston.org)

Wollaston.org for updates and activities. Pastor David's contact number is 617-213-0392; 11 a.m. to 6 p.m. Tuesday through Friday.

All areas of the church are handicap accessible.

Bible Trivia: By showing hospitality to strangers, whom have some entertained unawares? Read Hebrews 13:2.

a. Prophet b. Jesus c. Saint d. Angels

Union Congregational Church

Rev. Robert Benjamin, guest minister, will lead Union Congregational Church in worship on Sunday morning, June 23, at 10 a.m.

Rev. Benjamin, Associate Dean for Multicultural Affairs and Student Transitions at Eastern Nazarene College, will give an inspirational and

thought-provoking Bible-based sermon.

Union Congregational Church is a friendly neighborhood church located on the corner of Beach Street and Rawson Road in Wollaston. All are welcome to attend and hear the Word of the Lord.

A Fellowship/ Coffee

Hour will follow the worship service.

For more information, call the church at 617-479-6661, send an email to UccWoll@gmail.com or visit their website at www.UnionCongWoll.org

Fair Saturday At St. Chrysostom's

A Summertime Fair will be held Saturday, June 22 from 9 a.m. to 3 p.m. on the grounds of St. Chrysostom's Church, corner of Hancock and Linden Streets, Wollas-

ton. The fair will feature vendors with crafts and miscellaneous merchandise, a white elephant table with bargains, games, painting,

books, breakfast and lunch, and more.

In addition the Mite Box Thrift Shop will be open all day.

RELIGION

Lighthouse Fellowship Block Party Sunday

This Sunday, June 23, Lighthouse Fellowship is planning a Neighborhood Block Party from 1 to 5 p.m.

All are welcome to join for outdoor fun, food and games as raise funds for a mission trip to Athens, Greece. Hamburgers, hot dogs and chicken will be on the grill while youth and adults may play gaga ball, corn hole, lawn darts, tug o' war or try a basketball challenge. It should be a fun time together and help a good cause as well.

A team of 10 will be in Greece July 18-27 to work alongside a group called Father's Heart which runs a very effective outreach to Afghan refugees. Their center is located near downtown Athens and provides meals, clothing, and medicines for desperate refugees.

The crisis in Greece has continued to escalate with nearly 60,000 refugees still stranded there as European countries are closing their doors. They are mainly located on three islands- Lesbos,

Chios and Samos- and in the mainland cities of Thessaloniki and Athens.

In the city some share small apartments with several families. Others live in the woods or on the streets. Many of those who come, often making the dangerous voyage between Turkey and Greece, are children. At Father's Heart the team will cook and serve meals, provide fun days for children and for women, sort and distribute clothes and visit parks to inform refugees of the available services.

A pod of Knitting4Peace here in Quincy is providing 20 Peace Pals - 8-inch cute knitted dolls that can be given to children. Auxiliary knitters at Fuller Village have already given two boxes of hats, mittens, and blankets to give to the refugees.

Lighthouse Fellowship is also doing a FUNDrive, collecting clean, reusable clothing for which we will receive money to help with our trip expenses.

If anyone would like to

help they may bring clothes, linens, shoes or bedding to the church until June 23.

Lighthouse Fellowship is located at 73 Newbury Ave., North Quincy. Sunday service is at 10 a.m. preceded by an adult Bible study at 9 a.m. The time will change to summer hours on July 7 with the service at 9:30 a.m. and the adult study at 8:30 a.m.

Pastor Mike Fehan will be teaching from the Gospel of Mark for the next few weeks. Sunday school for children continues during the summer with some regular lessons and also showing a Christian film some weeks. A nursery is provided for the youngest ones. A coffee hour follows the service in Fellowship Hall.

Each Sunday a Mandarin service meets in the downstairs chapel at 10:15 a.m. An Indian service meets at 4 p.m. The next Youth Group meeting will be on June 29 at 7 p.m. and alternate Fridays after that.

For more info. visit: lighthousequincy.com

Quincy Religion Directory			Christian Science
SERVICES & ACTIVITIES			First Church of Christ, Scientist 1460 Hancock Street, Quincy 617-472-7099
Catholic	Congregational	Congregational	Sunday Services and Sunday School 10:30 a.m. Wednesday Evening Meetings - where testimonies of healing are shared 7:30 p.m.
St. Mary's Church 95 Crescent St., Quincy • 617-773-0120 Masses Saturday, 4pm, Sunday 8 & 10:30am Tuesday/Thursday 9am Handicapped Accessible New Members Welcome!	Sacred Heart Church "A Roman Catholic Community walking together in Faith, Worship, Education and Service" 386 Hancock St., North Quincy, MA 02171 (617) 328-8666 Sunday Masses 4 pm (Saturday) 7:30 & 10:00 am and 6:00 pm Weekday Masses Monday - Friday 7 am Monday & Saturday 9 am Handicapped Accessible Confessions Sat. 3-3:45pm in Saint Joseph Oratory	HOUGH'S NECK CONGREGATIONAL CHURCH 310 Manet Avenue 617-479-8778 www.hncong.org Sunday Worship Service at 10 a.m. Pastor Stephen Vandergrift will lead the service and preach his sermon All are welcome to attend FELLOWSHIP COFFEE HOUR FOLLOWING SERVICE	Wollaston Congregational Church of Christ 48 Winthrop Avenue Quincy, Massachusetts Inclusive Family Worship at 10 a.m. Elizabeth J. Williams Pastor 617-773-7432 www.wollastonucc.org Unitarian Universalist United First Parish Church A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome. CHALICE CIRCLE DISCUSSION GROUP: SUNDAYS AT 10:30 AM Followed by Fellowship & Refreshments Rev. Rebecca Froom 1306 Hancock St., Quincy www.ufpc.org
ST. AGATHA CHURCH MILTON-QUINCY 432 Adams Street Milton, MA 02186 • 617-698-2439 Schedule of Masses: Saturday: 8:00AM and 4:30PM Sunday: 7:30AM, 9:00AM, 10:30AM 12NOON and 5:00PM Weekday Masses: 7:00 & 9:00AM Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ Air-Conditioned	St. Joseph's Church 550 Washington Street Quincy, MA 02169 • 617-472-6321 SUNDAY MASSES: 4 p.m. (On Saturday) 8:30 a.m. and 10:30 a.m. Weekday Masses: Mon., Tues., & Thurs. 9a.m. CONFESSIONS: Saturday, 2:30-3:30 pm Handicapped accessible & Handicapped parking, side entrance Air-conditioned	BETHANY CONGREGATIONAL CHURCH Spear & Coddington Streets Quincy Center, 617-479-7300 www.bethanycongregationalchurch.org Communion Sunday Worship Service at 9:30AM The Rev. Patrick McCorkle will conduct the service and preach his sermon "Why We Sing" Fellowship following the service Church is handicap accessible	ALL ARE WELCOME! Nazarene WOLLASTON CHURCH OF THE NAZARENE 37 Elm Ave, Quincy MA 02170 • www.wollastonnazarene.org 617-472-5669 ~ office@wollastonnazarene.org A Church for EVERYONE! 8:00 AM ~ "Word and Table" Service 10:00 AM ~ Worship Service 11:15 AM ~ Weekly Small Groups Pastoral Staff STEPHEN "STRETCH" DEAN, LEAD PASTOR JENNIE DOANE, VISITATION PASTOR MEGAN JOHNSTON, WORSHIP COORDINATOR BEVERLY KEUTHER, CHILDREN'S PASTOR CHELSEA MAYNARD, SPIRITUAL FORMATION PASTOR ANDREA SANTELLA, YOUTH PASTOR Find us on the web at www.wollastonnazarene.org and
St. John The Baptist ROMAN CATHOLIC CHURCH 44 School St., Quincy 617-773-1021 Weekend Mass Schedule Saturday, 4:00 PM Sunday, 8:30 AM & 11:00 AM Sunday night, 5:00 PM Weekday Masses Wed., Fri., and Sat. 8:00 AM Confessions Wed. 8:30 - 9:00 AM Sat. 2:30 - 3:30 PM Handicapped Accessible	Holy Trinity Parish Come and Worship! Most Blessed Sacrament Church 1031 Sea St. WEEKDAY MASSES 9:00AM Tuesday and Thursday WEEKEND MASSES 4:30 PM Saturday and 8:30 AM Sunday Our Lady of Good Counsel Church 237 Sea St. WEEKDAY MASSES 9:00AM Monday and Wednesday WEEKEND MASSES 6:00PM Saturday and 10:30 AM Sunday CONFESSIONS: 3- 4PM Saturday Rev. Martin Dzengeleski- Pastor Phone: 617-479-9200 EMAIL: holytrinityquincyma@gmail.com VISIT: www.holytrinityquincy.com	Quincy Point Congregational Church United Church of Christ 444 Washington St. (617) 773-6424 www.quincypointcongregationalchurch.org Sunday Worship and Sunday School at 10 am Elevator Access via Abbey Rd Rev. Kimberly Murphy, Pastor Rachel Hallenbeck, Minister of Music Angelina DeCristofaro, Youth Dir.	Methodist QUINCY COMMUNITY UNITED METHODIST CHURCH 40 Beale St., Wollaston 617-773-3319 10:30AM Sunday Worship Salvationist THE SALVATION ARMY 6 Baxter St., Quincy • 617-472-2345 9:45AM CHRISTIAN EDUCATION 11AM WORSHIP SERVICE BRASS BAND MUSIC NOON THURS. WOMEN'S FELLOWSHIP 6:30PM WEDS. BIBLE STUDY Non-Denominational LIGHTHOUSE FELLOWSHIP 73 Newbury Ave., N. Quincy Worship & Children's Church 10am Pastor Mike Fehan 617-847-4444 Mid-week studies & youth group mjfehan@gmail.com
Saint Ann's Church 757 Hancock St., Wollaston 617-479-5400 Mass Schedule: Sat. 4:00 PM / Sun. 9, 11 AM Daily Mass: Wednesday and Friday, 9 AM Confessions: Saturday 3-3:30PM Handicapped Accessible via Elevator	To Advertise in this Directory, Call 617-471-3100		

OBITUARIES

George B. Murphy, 82

A funeral Mass for George B. Murphy, age 82, of Quincy was celebrated June 15 in St. John the Baptist Church, Quincy.

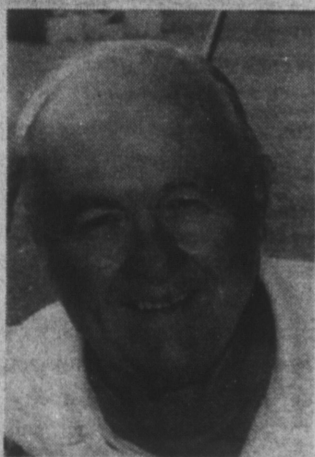
Mr. Murphy died June 11.

He was the beloved husband of fifty years to Carol A. (Morrissey) Murphy. He was the loving father of George Murphy and his wife Nicole of Ohio, and Annemarie Reilly and her husband James of Quincy. He was the loving "Papa Da" to his six grandchildren, Gillian, Isaac and Hope Murphy and James, Maggie and Noah Reilly.

Mr. Murphy was the son of the late George and Gertrude (McGarty) Murphy. Dear brother to Eleanor and her husband Joseph Manton of Quincy, Margaret and her husband Henry Novak of Quincy, William Murphy and his wife Angela of Florida, Alice and her husband Edward Connerty of Norwell, and Helen and her husband Lee Bernardo of Rhode Island. Also survived by many cherished nieces and nephews.

Mr. Murphy was raised in Quincy (Houghs Neck) and was a graduate of Quincy High School (1954). He was a member of the United States Army. He graduated with a Bachelor's degree from Bridgewater State University and a Master's degree from Cambridge College. He majored in education and was employed with the town of Weymouth as a school teacher for thirty years. His colleagues describe him as "a wonderful teacher, beloved by many."

Mr. Murphy loved to travel with his wife Carol but especially loved their



GEORGE B. MURPHY

trips to Point Sebago, Maine and Naples, Florida. While there, he loved beating his siblings in card games such as whist, hearts and cribbage. Mr. Murphy was also an avid reader, a trait he loved to instill in his grandchildren. He was so proud of them and actively supported all of their many activities and accomplishments. Mr. Murphy could often be found on Nantasket Beach or enjoying a cigar on his back deck while watching his two favorite teams, the Boston Red Sox and the New England Patriots.

He was dedicated to his family and known as "the Patriarch." Mr. Murphy's giant sense of humor, his poetic rhymes, his incredible personality, kind heart and big smile will be sorely missed.

Interment and military honors at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the George B. Murphy Memorial Scholarship, c/o Quincy Credit Union, 100 Quincy Ave., Quincy, MA 02169.

Geraldine R. Doyle, 86

A funeral Mass for Geraldine Rose (Prescott) Doyle, age 86, was celebrated Tuesday in St. Ann's Church, Quincy.

Mrs. Doyle died peacefully June 13.

Born in Boston to the late Carl A. and Mary C. Prescott. Currently of Quincy, formerly of South Boston, Brockton and Norfolk, but forever will consider Southie as her "hometown."

Predeceased by her best friend and love of her life Francis X. Doyle with whom she shared 65 years of marriage. Mother of 11 grateful children: Francis X. Doyle, Maureen Malcolm (Paul), Mark Doyle (Barbara), Kevin Doyle (Pam), Marianne Flynn (Paul), William P. Doyle (Carla), Therese Doyle-Parillo (Paul), Sarah Doyle Larson (Matt), Geraldine Werning, John Doyle. Now reunited in heaven with her angel daughter Nancy Doyle and loving daughter-in-law Eileen Doyle. Sister of Marjorie McCabe, Carol McGlone and the late Lorraine Mooney. Sister-in-law to Ann Sances Hawes and Patricia Vuilleumier and the late William P. Doyle. As a loving grandmother, she was known as "Grammie" to 19 grandchildren and 11 great-grandchildren. Survived by many nieces and nephews who absolutely adored their Aunt Gerry. She will be missed by her treasured friends, many whose friendships have spanned her lifetime.

A graduate of South Boston High School 1949, Mrs. Doyle had a long career as a "domestic engineer" and when asked about her job, her reply was always "Yes, I work. I'm a mother, the hardest job on the planet." Family was everything to her.



GERALDINE R. DOYLE

Mrs. Doyle had a vivacious personality and a great sense of humor, even hosting her own "pre-bereavement party" in March of this year (she didn't want to miss it) which included music by her grandson's jazz band and brass choir.

She enjoyed spending time with her grandchildren, special visits sharing laughs with her sisters, get-togethers with the "Southie Club" and runaway days with the ladies of the "BC Club," savoring anything chocolate, sitting on the sea wall on a sunny day, anything to do with Christmas especially the Prescott party, reading and listening to a good book, long phone chats with her granddaughter Jenny, and visits to Castle Island.

Interment at New Calvary Cemetery, Brockton.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the Perkins Braille Talking Book Library, Perkins School for the Blind, 175 N. Beacon St., Watertown MA 02472 or perkins.org/librarygifts.

Mrs. Doyle's family would like to thank Dr. Michelle Chabot, Dr. Charles Chen, and the staff at Seasons Hospice for their care and compassion provided to her, especially over the last few months.

Josephine S. Cushing, 86

A funeral Mass for Josephine S. Cushing, age 86, of Quincy, sister St. Leo, formerly a sister of St. Joseph and currently an associate of the Sisters of St. Joseph, was celebrated Wednesday in Immaculate Conception Church, Weymouth.

Ms. Cushing died June 15.

She grew up in Weymouth and had lived in Quincy for 18 years. She taught at St. William's School in Dorchester, Santa Rosa and Santa Fe, New Mexico, St. John the Baptist Parish in Quincy, Immaculate Conception School in Revere and the public

schools of Weymouth.

Beloved daughter of the late Leo and Mary Cushing. She is survived by her dear friend, Mary Gaudet. Beloved sister of Mary McLellan of South Weymouth, the late Rita Sample, Leona "Bunny" Bean, and Norma MacDonnell. Loving aunt to many nieces and nephews.

Interment at St. Francis Xavier Cemetery, Weymouth.

Funeral arrangements were made by Clancy-Lucid Funeral Home, Weymouth.

Memorial donations may be made to Sisters of St. Joseph, 637 Cambridge St., Brighton, MA 02135.

Julia E. Mullaney, 93

A funeral Mass for Julia E. (Sacchetti) Mullaney, age 93, of Braintree, formerly of Falmouth and Quincy, was celebrated Monday in St. Francis of Assisi Church, Braintree.

Mrs. Mullaney died peacefully June 13 at home, surrounded by her loving family.

She was born in Quincy to the late Biagio and Elizabeth (DiBona) Sacchetti. Raised in Quincy, she was a graduate of Quincy High School, Class of 1943. She had lived in Braintree for the past ten years, previously in Falmouth for twenty-five years, and earlier in Braintree for twenty-five years.

Mrs. Mullaney was a dedicated homemaker. She enjoyed reading and traveling with her late husband, Charles. Most of all, Mrs. Mullaney treasured time and summers spent with family and friends on Cape Cod. She especially loved her grandchildren and great-grandchildren, and supported all their many activities and accomplishments.

Beloved wife for sixty-five years of the late Charles I. Mullaney, Jr. Devoted mother of Susan E. Muir and her husband Robert of East Bridgewater, Charles A. Mullaney and his wife Lorna of Plymouth, and Elizabeth J. Page and her husband Kevin of Braintree. Loving grandmother of Alexander Muir and his wife Lea, Anthony Muir and his wife Mariel, Michelle Coughlin and her husband



JULIA E. MULLANEY

Sean, Sarah Mullaney and Sean Farnsworth, Charles J. Mullaney and his wife Rosa, Kevin, Michael, Brian, and Alison Page. Cherished great-grandmother of Tyler, Noah, Benjamin, Fiona, Isabel, MacKenzie, James, and Vivian.

One of five siblings, Mrs. Mullaney was the much-loved sister of Josephine Rochelle of Harwich and predeceased by Tella DiBona, Rio Sacchetti, and Andy Sacchetti. She is also survived by many nieces and nephews and her dear cousin, Eleanor Ottina of Quincy.

Interment at Blue Hill Cemetery, Quincy.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the American Lung Association, 1661 Worcester Rd., Suite 301, Framingham, MA 01701 or to the East Bridgewater Council on Aging, 335 Plymouth St., East Bridgewater, MA 02333.

Dorothy L. Annis

A funeral service for Dorothy L. (Hirtle) Annis of Quincy was held June 13 in Keohane Funeral Home, 785 Hancock St., Quincy.

Mrs. Annis died June 9.

Her life revolved entirely around her loving family. Mrs. Annis was always thinking of others before herself. When her mother was ill, Mrs. Annis stepped right in and cared for her for seven years allowing her to live with dignity in her own home. She enjoyed cleaning and maintaining her home, taking care of the family pets, and was an avid bowler.

Beloved wife of the late Dean Annis, Sr. Loving mother of Sherry Annis and her husband Vernon Glynn of Rockland, Dean Annis, Jr. of Quincy, and Douglas Annis of Rockland. Sister of George Hirtle of Brookfield,



DOROTHY L. ANNIS

Owen Hirtle of Brewster, and the late Walter Hirtle, Jr. and June Fazio. Grandmother of Matthew, Heather, and Timothy Richards. Also survived by 3 great-grandchildren and many nieces and nephews.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to MSPCA, Attn: Donation, 350 S. Huntington Ave., Jamaica Plain, MA 02130.



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(617) 298-8011

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MILTON, MA 02186
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More obituaries online at: thequincysun.com

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William 'Packy' Halpin, 70

A funeral service for William 'Packy' Halpin, 70, age 70, was celebrated June 15 in St. Ann's Church, Quincy.

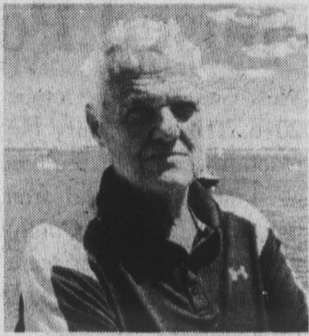
Mr. Halpin died June 10.

On Aug. 16, 1948, baseball legend, Babe Ruth died in New York City. On that same day and time, 200 miles away in Boston, William "Packy" Halpin was born into the world to parents William R. and Mary (Toohey) Halpin. It wasn't long before they realized that "Packy" did not conform to conventional society. A tumultuous childhood ensued where he moved between Hyde Park, Quincy and Weymouth. His parents, his teachers, even the law did not know what to do with him, and like Babe Ruth before him, Packy was likely branded "incorrigible" as a child.

On his 17th birthday, Aug. 16, 1965, this incorrigible young man, made the bold decision to volunteer for military service. He chose to follow in his WWII veteran father's footsteps and joined the United States Army. Before he was old enough to vote, he was off fighting the War in Vietnam. He returned home in 1969, a Purple Heart recipient and like many Vietnam veterans before and after, he was met to little celebration, bearing scars both inside and out.

Packy Halpin hit the jackpot on Aug. 22, 1970, when he married the love of his life, Kathleen (Desmond) Halpin at St. Ann's Church in Wollaston. In true Packy fashion, he nearly doomed the marriage before it began, by getting into a car accident on the eve of the wedding, totaling his soon to be father-in-law's car and showing up late to the church.

Despite this early set back, this unlikely couple



WILLIAM HALPIN

managed to stay together for the next 49 years. Always holding true to their vows, "through good times and bad" and "through sickness and in health." In the end, he had enough luck left in him to pass away in his own home, holding his wife's hand, the same hand he put a wedding ring on, nearly a half century before.

Together, Packy and Kathy Halpin, raised seven children, Peter, Folkins of Quincy, Dawn Wilkins of Weymouth, Brian Halpin of Rockland, Sean Halpin of Weymouth, Christopher Halpin of Quincy, Erin Halpin of San Diego and Brendan Halpin of Quincy.

Their greatest pride the couple has had from years of marriage is their six grandchildren: Britany Folkins, Aiden Halpin, Desmond Wilkins, Declan Wilkins, Shane Halpin and Jackson Halpin. Because of them, a new compassionate side of Packy was born and it shined through every time they were around.

Packy Halpin was well known to have more hobbies and activities than most men have in ten lifetimes. Whatever it was, he would always entrench himself into it, 110 percent. He trained championship boxers at his father's gym, South Shore Boxing Club in Quincy. He coached youth football for the North Quincy Apaches and was a member of the North Quincy High School Boosters Club for many years.

Packy showed and bred American Kennel Club award-winning, German wired-hair pointers and traveled the dog show circuit throughout the northeast in the 1980s. He would also lend the same level of passion and support any his children activities. Whether it be football, boxing, hockey, BMX racing or restoring muscle cars, Packy was always all in, 110 percent!

Packy was an avid outdoorsman, he loved hunting, fishing, camping and boating. His "fish stories" were the stuff of legend; they include such tales as his state record, white-tailed deer he caught in 1980, better known to him as "Mergatroid" or the alleged 30-foot great white shark he nearly reeled into shore on Wollaston beach in 1992. His stories were better than the real thing and an integral part of his charm.

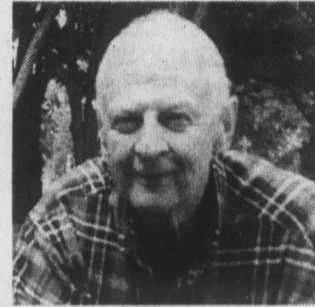
In the end, Packy's life was one well-lived. He accomplished more and lived longer than most people in his life would have ever predicted. He always did things his own unique way. He lived and died on his own terms.

Through the years, there were many attempts made on his life. He survived mortal wounds in the Vietnam War, car accidents, cancer, diabetes and heart disease, just to name a few. He always looked these opponents down and never wavered! Since none of his opponents ever actually bested him, Packy Halpin officially retired from life on June 10, undefeated, at the age of 70.

Interment at Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by Hamel-Lydon Chapel and Cremation Service of Massachusetts, 650 Hancock Street, Quincy.

Vincent C. Violandi, 74



VINCENT C. VIOLANDI

A memorial service for Vincent C. "Vinnie" Violandi, age 74, of Quincy, born and raised in Holbrook, will be held Friday at 3 p.m. in Pyne Keohane Funeral Home, Hingham.

Mr. Violandi died suddenly June 13.

Beloved husband of the late Antoinette M. "Toni" (Sheehan) Violandi. Loving father of Barbara Gilfeather and her husband Barry of Quincy; Michael Violandi and his wife Petra of Bridgewater; Margaret Thomas and her husband John of Hingham; John Flynn and his wife Jean of Cambridge; and Thomas Flynn of Weymouth. Cherished brother of William Donovan and his wife Ann of Naples, FL; Elaine Cochrane of Lynn;

and the late Paul Donovan and his wife Jane of Saugus. Devoted "Papa" of Ashley, John, Sean, Ryan, Liv, and Liam. Also survived by many nieces and nephews.

Mr. Violandi adored his family, especially being Papa to his grandchildren. He loved to travel anywhere his beloved Toni told him they were going, which was Ireland; Pigeon Forge-Dollywood TN; and New York

City. He enjoyed going to car shows and talking to his car show buddies and tinkering with his old cars. He was involved in real estate as a hobby. He worked as an IT professional for GSA for many years until retiring.

Mr. Violandi was a friendly man with a heart of gold. He was outgoing, talk your ear off about anything, compassionate but most all lived for his family.

Visiting hours are noon to 3 p.m. Friday at the funeral home.

Memorial donations may be made to the Leukemia & Lymphoma Society, Donor Services, PO Box 98018, Washington, DC 20090 or to the American Heart Association, P.O. Box 417005, Boston, MA 02241-7005.

Music Appreciation Sunday At Quincy Point Congregational Church

June 23 is Music Appreciation Sunday at Quincy Point Congregational Church, 444 Washington St. Rev. Kimberly Murphy is preaching.

The service will be blessed with the talents of all the church musical groups: The Chancel Choir, The Point Handbell Ringers, and The CrossRoads Praise Band.

The sanctuary is air conditioned and accessible to all with designated parking and an elevator via the Abbey Road side of the building. After worship join in the downstairs Social Hall for and coffee, light refreshments and fellowship.

A one-room Summer Sunday School is available during the summer months. Bring your child to the children's room across from the kitchen and elevator before 10 a.m. worship on summer Sundays. The teachers this year are Angelina DeCristofaro and Lauren Kearns.

A free family outing for young families to The Trailside Museum in the Blue Hills (Mass Audubon) will take place Sunday, June 23. Participants will arrive at 12:15 p.m. The program includes touring the outdoor exhibits, feeding ducks (with the correct food), and taking photographs, which will serve to inspire illustrations

for Rev. Ann Suzedell's (the former pastor of QPCC) newest children's book about The Trailside Museum.

At 1 p.m. there will be an animal Encounter. A staff member will introduce to two resident owls who live at the museum. This trip will focus on birds, especially owls, and their habitats.

Groups/carpools are leaving from QPCC (meeting in the kitchen after worship) or for those who wish to meet at The Trailside Museum, take Route 128/93 to exit 2B Milton. Follow 138 North for 1/2 mile. You will see the large parking lot on the right, (this is also the parking lot for the ski area). Trailside Museum is at the foot of Great Blue Hill.

Interested in a Summer Book club? All members of QPCC are invited to participate in a church-wide book club. The group will be reading and discussing, "Weird Church: Welcome to the

Twenty-First Century."

Books are \$15 a piece and will be sold on June 23 and June 30. There will be an outline to follow and discussions will take place twice a month after worship. Any questions contact Rev. Kim at: revkim@quincypointcong.org or call the church office @ 617-773-6424.

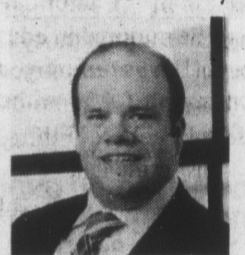
In Loving Memory of

Brian P. Morrissey

February 23, 1985

June 21, 2018

1st Year Anniversary



Forever in our hearts

Love, Mom and Dad

A Custom of Caring Since 1932



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QUINCY, MASSACHUSETTS 02169

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LEGAL NOTICE

CITATION ON
PETITION FOR
FORMAL ADJUDICATION

Docket No. NO19P1372EA
Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Francis Xavier Mahoney
Date of Death:
May 13, 2019

To all interested persons:
A Petition for Formal
Appointment of Personal
Representative has been
filed by: **Judy A. Gibson** of
Sarasota, FL requesting that
the Court enter a formal De-
cree and Order and for such
other relief as requested in
the Petition.

The Petitioner requests
that: **Judy A. Gibson** of
Sarasota, FL be appointed as
Personal Representative(s)
of said estate to serve **With-
out Surety** on the bond in
an **unsupervised** adminis-
tration.

IMPORTANT NOTICE

You have the right to ob-
tain a copy of the Petition
from the Petitioner or at the
Court. You have a right to
object to this proceeding.
To do so, you or your at-
torney must file a written
appearance and objection
at this Court before: 10:00
A.M. on the return day of
07/17/2019. This is NOT a
hearing date, but a dead-
line by which you must
file a written appearance
and objection if you object
to this proceeding. If you
fail to file a timely written
appearance and objection
followed by an affidavit of
objections within thirty (30)
days of the return day, ac-
tion may be taken without
further notice to you.

UNSUPERVISED
ADMINISTRATION UNDER
THE MASSACHUSETTS
UNIFORM PROBATE
CODE (MUPC)

A Personal Representa-
tive appointed under the
MUPC in an unsupervised
administration is not re-
quired to file an inven-
tory or annual accounts
with the Court. Persons
interested in the estate are
entitled to notice regarding
the administration directly
from the Personal Repre-
sentative and may petition
the Court in any matter
relating to the estate, in-
cluding the distribution of
assets and expenses of
administration.

WITNESS, Hon. Patricia
Gorman, First Justice of
this Court.

Date: June 11, 2019
PATRICK W. McDERMOTT
Register of Probate

6/20/19

Please RECYCLE



this paper

LEGAL NOTICE

CITATION ON
PETITION FOR
ORDER OF COMPLETE
SETTLEMENT

Docket No. NO16P2576EA
Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Linda McKinnon
Date of Death:
November 22, 2015

A Petition for Order of
Complete Settlement has
been filed by **Matthew J.
McKinnon** of **Raynham, MA**
requesting that the court en-
ter a formal Decree of Com-
plete Settlement including the
allowance of a final account
and other such relief as may
be requested in the Petition.

IMPORTANT NOTICE

You have the right to ob-
tain a copy of the Petition
from the Petitioner or at the
court. You have a right to
object to this proceeding.
To do so, you or your at-
torney must file a written
appearance and objection
at this court before: 10:00
A.M. on the return day of
06/26/2019. This is NOT a
hearing date, but a dead-
line by which you must
file a written appearance
and objection if you object
to this proceeding. If you
fail to file a timely written
appearance and objection
followed by an affidavit of
objections within thirty (30)
days of the return day, ac-
tion may be taken without
further notice to you.

WITNESS, Hon. Patricia
Gorman, First Justice of
this Court.

Date: May 22, 2019
PATRICK W. McDERMOTT
Register of Probate

6/20/19

NOTICE OF PUBLIC HEARING

City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-44

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, July 9, 2019 at 7:15pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**. On the application of **E Y Realty, LLC** for a Variance/Finding to add on and reconstruct the existing structure for a 3-family structure in violation of Title 17 as amended Chapter 3.4.3 (nonconforming structures), Chapter 3.4.4 (variance required) and Chapter 4.1.1 (dimensional requirements) on the premises numbered 109 STANDISH AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

6/20/19, 6/27/19

NOTICE OF PUBLIC HEARING

City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-45

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, July 9, 2019 at 7:15pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**. On the application of **Chris Bell** for a Finding to extend outside porch in the same setback in violation of Title 17 as amended Chapter 3.4.3 (extension) on the premises numbered 26 CHICKATABOT ROAD, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

6/20/19, 6/27/19

LEGAL NOTICE

INFORMAL PROBATE
PUBLICATION NOTICE

Docket No. NO19P1219EA
Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Bernard Francis Nee
Also Known As:
Bernard F. Nee
Date of Death:
February 7, 2018

To all persons interested in
the above captioned estate,
by Petition of:

Petitioner **Dorothy P. Miller** of **Weymouth, MA**.

Dorothy P. Miller of **Weymouth, MA** has been in-
formally appointed as the
Personal Representative of
the estate to serve with surety
on the bond.

The estate is being ad-
ministered under informal
procedure by the Personal
Representative under the
Massachusetts Uniform Pro-
bate Code without supervi-
sion by the Court. Inven-
tory and accounts are not
required to be filed with the
Court, but interested parties
are entitled to notice regard-
ing the administration from
the Personal Representative
and can petition the Court
in any matter relating to the
estate, including distribution
of assets and expenses of
administration. Interested
parties are entitled to petition
the Court to institute formal
proceedings and to obtain
orders terminating or restrict-
ing the powers of Personal
Representatives appointed
under informal procedure. A
copy of the Petition and Will,
if any, can be obtained from
the Petitioner.

6/20/19

July 10 Public Meeting
On Proposed Pot Shop

By SCOTT JACKSON

Ermont will host a public
outreach meeting as it be-
gins the process of seeking
city and state approval for
recreational marijuana sales
at its Ricciuti Drive loca-
tion.

The meeting will be held
Wednesday, July 10, begin-
ning at 6:30 p.m. in the Lin-
coln-Hancock Community
School, 300 Granite St.

"Anyone who is con-
cerned about or who has any
input on recreational mari-
juana in the city of Quincy
should come," Ward 4
Councillor Brian Palmucci
said Monday. "We will have
a discussion about Ermont's
proposal."

Ermont has operated a
medical marijuana dispen-
sary at 216 Ricciuti Dr. in

West Quincy since October
2016. The community out-
reach meeting is required
as it seeks approval from
the state Cannabis Control
Commission to offer recre-
ational sales to all adults age
21 and over.

Mayor Thomas Koch in
February 2018 introduced
an ordinance regulating re-
creational marijuana sales
in the city. The legislation
remains pending before the
City Council.

The proposed ordinance
would require anyone look-
ing to open a marijuana
establishment to obtain a
special permit from the
Zoning Board of Appeals. A
community meeting would
be required prior to the ap-
plication being filed. Ap-
plicants would also need to

sign a host agreement with
the mayor; those host agree-
ments would include a com-
munity impact fee of up to
3 percent of gross sales pay-
able to the city for up to five
years.

Massachusetts voters ap-
proved the legalization of
recreational marijuana in
a November 2016 referen-
dum. Statewide, 53.6 per-
cent of voters backed the
measure, and 51 percent of
voters in Quincy did so as
well. Because a majority of
Quincy voters approved the
2016 referendum, the mayor
and City Council cannot ban
marijuana establishments
outright. The city would
also be required to license
up to seven pot shops — one
for every five liquor stores
in the city.

\$8.38 Million For Sewers,
Drains Approved

By SCOTT JACKSON

On Monday night, city
councillors unanimously
approved \$8.38 million for
improvements to Quincy's
sewer and drain systems.

The city will borrow
\$5.6 million from a state
low-interest loan program
for sewer and drain system
improvements and \$2.5 mil-
lion from the same program
for improvements to the
Strand pumping station in
Wollaston. The remaining
\$276,000 will come from
the city's sewer stabilization
fund to design the Strand

pumping station.

Joseph Shea, an engineer
with the Woodard & Curran,
said the state loan program
offers a 2 percent interest
rate over 20 years for the
sewer and drain work. The
program also includes prin-
cipal forgiveness, which is
worth \$535,000 in this in-
stance.

"It's a good deal," Shea
said.

The debt service pay-
ments on the \$8.1 million
will begin in fiscal year
2020, which starts in July
2021, Shea said, and the city

will pay about \$530,000 an-
nually in principal and inter-
est.

Public Works Commis-
sioner Al Grazioso said
the loans would not impact
sewer ratepayers, because
there are several other debt
service items scheduled to
come offline in the coming
years.

"There will be items
coming off that debt service
in the coming years, so I
don't believe it will cause a
rate increase," he said.

Additionally, Grazioso
said the sewer projects will
reduce infiltration and in-
flow of water into the sewer
system, which also helps
lower bills.

"When we fix sewerage
issues and I and I, we're not
paying for water that's going
into these sewer lines that's
going out to Deer Island
that we're being charged
for right now, so it actually
helps the situation," he said.

Shea said the sewer and
drain projects would un-
dergo design and permitting
through the fall, with work
set to commence in the
spring of 2020. The city will
hold meetings in each of the
city's six wards next spring
to provide an overview of
the sewer and other infra-
structure projects planned
for those neighborhoods.

NOTICE OF PUBLIC HEARING

City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-42

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, July 9, 2019 at 7:15pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**. On the application of **Mark Magnarelli** for a Variance to add dormers to turn unused space to living space in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 89 ROBERTSON STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

6/20/19, 6/27/19

NOTICE OF PUBLIC HEARING

City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-43

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, July 9, 2019 at 7:15pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**. On the application of **Tanner Payne** for a Finding to raze and reconstruct the single family home in violation of Title 17 as amended Chapter 3.4.5 (nonconforming) on the premises numbered 179 HUCKINS AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

6/20/19, 6/27/19

More news
online at:
**thequincy-
sun.com**

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LEGAL NOTICE

LEGAL NOTICE

CITY OF QUINCY
SCHEDULE FOR WATER & SEWER
CALENDAR YEAR – 2019 (EFFECTIVE JULY 1, 2019)

WATER USAGE:
SEWER USAGE:

\$6.67 per hundred cubic feet
\$14.31 per hundred cubic feet

Residential Billing cycle is Quarterly
Non-residential Billing cycle is Monthly

New Connection Charge \$375
 Application and inspection of a new connection to the sewer system.

Unauthorized Sewer Connection \$5,000
 Unauthorized connection to the sewer system for which an application was not submitted and approval was not granted by the Commissioner of Public Works.

Unauthorized Sewer Use
 Any discharge to the sewer system that does not come from an approved connection. Examples would be dumping of waste directly into the sewer system via a sewer manhole, a sump pump that drains directly into the sewer, or downspouts from gutters that drain directly into the sewer system.

1st Offense \$500
 2nd Offense \$1,000
 3rd Offense \$2,500

Sewer Pipe Inspection \$200 per day - Site visit to inspect sewer connections.

Denial of Access to Premise/Property \$25 per visit
 Site visit necessary to determine the extent and cause of a sewer system issue and access has been denied by the customer or the property owner(s).

Private Infrastructure Analysis - Cost of Labor & Materials
 Inspection and/or analysis of a private sewer. The property owner(s) will be responsible for reimbursing the Sewer Department for the cost of labor and materials used.

Private Infrastructure Repair - Cost of Labor & Materials
 Repair by the City of a private sewer. The property owner(s) will be responsible for reimbursing the Sewer Department for the cost of labor and materials used.

Lateral Maintenance-Residential (4 units or fewer) - \$375
 Property owner(s) are responsible for maintenance and repair of the sewer line between their foundation and the edge of the sidewalk. In the event that cleaning of the sewer line is required, the City will clean out the sewer line once per fiscal year at no cost to the customer. Property owner(s) will be charged for subsequent cleanings.

Lateral Maintenance-Large Residential and Mixed Use Residential (5 units or more) \$500 or \$250/hr whichever is greater. The property owner(s) are responsible for maintenance and repair of the sewer line between their foundation wall and the edge of the sidewalk. Upon request, the City will clean the sewer line for the charge identified above.

Lateral Maintenance-Non-residential \$1,000 or \$500/hr, whichever is greater
 The property owner(s) are responsible for maintenance and repair of the sewer line from their foundation wall to the point where the line connects to the sewer main (generally in the center of the street). Upon request, the City will clean the sewer line for the charge identified above.

Lateral Repair or Replacement - Cost of Labor & Materials
 Upon request, the City will repair or replace a lateral sewer line. The property owner will be charged for the cost of labor and materials used.

Prohibited discharges include all substances, waters, or wastes that may harm or interfere with any wastewater system. They include cooking fat, bacon grease, oil, fuel, etc. A complete listing of prohibited discharges can be obtained from the DPW at 55 Sea St.

Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - First Offense \$1,000

Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - 2nd Offense \$2,500

Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - 3rd and Subsequent Offense \$5,000

Prohibited Discharge—Non-residential First Offense - \$2,500

Prohibited Discharge—Non-residential 2nd Offense - \$5,000

Prohibited Discharge—Non-residential - 3rd and Subsequent Offense \$7,500

Water Service Turn On/Turn Off \$75.00

Manual Meter Read \$100.00 per billing interval

Water Meter Test – Meter 1" or smaller \$100.00

Water Meter Test – Meter larger than 1"

If commercial customer fails to comply with city's request to test meter, then the city is authorized to engage a private vendor to disassemble and test the meter and charge the cost of same to commercial customer

Meter Freeze Up \$100.00 plus cost of meter

Damaged, tampered, or missing meter \$150.00 plus cost of meter

Damaged, tampered, or missing meter reading device \$175.00 which includes replacement of meter reading device

Valve Replacement \$150.00 which includes labor, parts and valves

Lawn Service Application \$75.00

Water Service Application – 1" or smaller \$75.00

Water Service Application - 1 1/2" to 3" \$100.00

Water Service Application - 4" or larger \$150.00

Unauthorized Water Connection \$550.00 plus cost of meter

Massachusetts Water Resource Authority Special Assessment

The Massachusetts Water Resource Authority billing charged to the City for high strength user(s) shall be charged to the high strength user(s) so identified by the Massachusetts Water Resource Authority.

Water Service Line Leak Repair

After notice to customer to repair a leak on the customer's property, if customer does not repair same, then the city shall complete the repairs and charge the customer for the cost of said labor

Fire Service Application \$300.00

Fire Flow Test Observation and Assistance \$250.00

Hydrant Meter Application \$75.00

Hydrant Meter Deposit – Meter 1" or smaller \$500.00 Deposit

Hydrant Meter Deposit – Meter larger than 1" \$3,500.00

Hydrant Meter Late Return \$10.00 per calendar day

Hydrant Meter Service \$100.00

Hydrant Meter – Minimum Monthly Usage - 5/8" meter \$75.00 per month

Hydrant Meter – Minimum Monthly Usage - 3/4" & 1" meter \$100.00 per month

Hydrant Meter – Minimum Monthly Usage - Meter larger than 1" \$300.00 Minimum Monthly Usage

Unauthorized Hydrant Use – 1st Offense \$1,000.00

Unauthorized Hydrant Use – 2nd Offense \$5,000.00

Cross Connection/New Construction – Initial Survey \$200.00

Backflow Prevention Device Test & Inspection – Double Check Valve \$75.00

Backflow Prevention Device Test & Inspection – Reduced Pressure Devices (each) - First five (5) \$100.00

Backflow Prevention Device Test & Inspection – Reduced Pressure Devices (each) - Next ten \$50.00 each

Backflow Prevention Device Test & Inspection – Reduced Pressure Devices (each) - Sixteen or more \$25.00

Water/Sewer Pipe Inspection – single instance \$600.00 Combined Inspection

Water/Sewer Pipe Inspection – multi-day \$100.00 per day

Denial of Access to Premises/Property \$25.00 per visit

Private Infrastructure Analysis - Cost of analysis/leak detection charged to customer

Private Infrastructure Repair - Cost of repair: including labor, repair and materials

Street/Sidewalk Opening Application \$75.00

Water Testing \$25.00

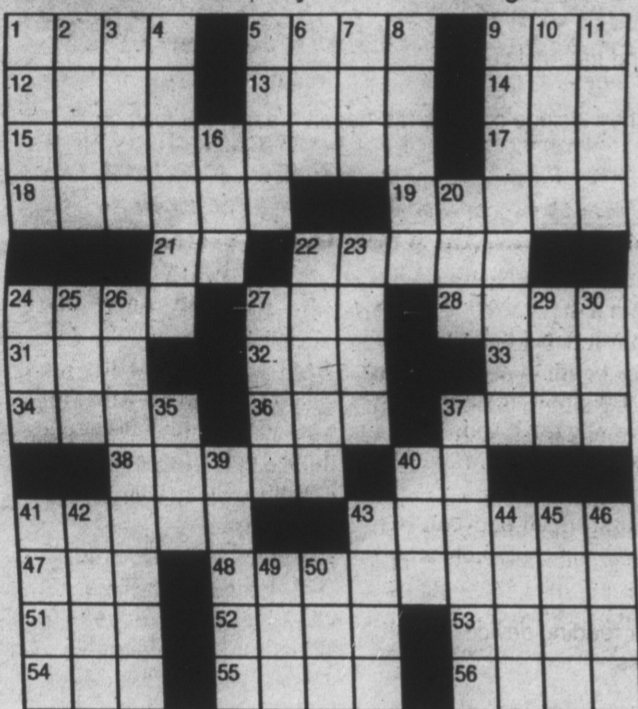
Final Meter Read \$50.00

6/20/19, 6/27/19

SUN FUN PAGE

King Crossword

- ACROSS**
- 1 Church section
5 Gangster's girlfriend
9 GPS forerunner?
12 Contemptible
13 Met melody
14 Expert
15 Grand
17 Scooted
18 Baltimore athlete
19 Luxurious fabric
21 Rocky
22 Native New Zealander
24 Lowers the lights
27 Proscription
28 Make a sweater
31 Historic time
32 Table scrap
33 Id counterpart
34 Zinger
36 Anat. or biol.
37 Fermi's bit
- 38 Nothing
40 My group
41 Money under the table
43 Star-related
47 Knock
48 Bread spread
51 Greek H
52 Reed instrument
53 Lotion additive
54 Lair
55 Collars
56 Longings
- DOWN**
- 1 Magazine contents
2 Orchard fruit
3 Ganges garment
4 Representatives
5 Guy
6 Plata partner
7 Lucy of "Elementary"
8 Cow catcher
9 Strict disciplinarian
10 "Super-food" berry
11 Teller's partner
16 "Xanadu" band, for short
20 Clumsy craft
22 Parade
23 Opposed
24 Society newbie
25 401(k) alternative
26 Almond confection
27 Variety of 2-Down
29 "Where did — wrong?"
30 Huck's pal
35 Baby's cover-up
37 Off
39 Lousy car
40 "Born in the —"
41 Raised
42 Assess
43 Census statistics
44 Anger
45 Unsigned (Abbr.)
46 Dregs
49 Lawyers' org.
50 Bungle



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MAGIC MAZE • THE — : JOHN GRISHAM NOVELS

S B M J S H R F R R C R A Y W
U R R P N N L E E E E J H F D
B E O Z X V O L N B K T R T R
R T T T Q O T M M T M O N K E
I H H A A S F A M D R E R B E
Z R Y W I G H R L U M A V B T
T E R H Q C I O J A S N P L E
K N W I H F O T T N E I L C K
F C O N F E S S I O N P D C C
A Z X W V A E U S L S R P Q A
O N M K L T R E K A M N I A R

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Appeal Associate Brethren Broker
Chamber Confession Firm Last Juror
Litigators Partner Racketeer Rainmaker
Summons Testament Whistler

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's mask is black. 2. Man's collar is different. 3. Player's hat is black. 4. Player's shirt symbol is different. 5. Man on left is gone. 6. Fence is different.

Trivia test by Fifi Rodriguez

- GENERAL KNOWLEDGE:** What is the traditional stone associated with July birthdays?
- MUSIC:** In what state was singer-songwriter Tom Petty born and raised?
- LITERATURE:** Who wrote the short story called "The Sentinel," which provided a starting point for the film "2001: A Space Odyssey"?
- HISTORY:** What was the only state that George McGovern won in the 1972 presidential race?
- GEOGRAPHY:** What is the largest country in South America?
- ANIMAL KINGDOM:** What is a group of pelicans known as?
- GOVERNMENT:** Who was the longest-serving U.S. House Speaker?
- MOVIES:** Who was nominated for Best Supporting Actress in the movie "Silkwood"?
- FOOD & DRINK:** What kind of food is thrown at the annual food fight festival held in Bunol, Spain?
- BIBLE:** Who were King Solomon's parents?

- Answers**
- Ruby
 - Florida
 - Arthur C. Clarke
 - Massachusetts
 - Brazil
 - A pod
 - Sam Rayburn (17 years)
 - Cher
 - Tomatoes
 - David and Bathsheba

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Wishing Well®

6 2 3 7 6 8 2 3 4 5 6 3 5
B Y J B L Y O O B F I B L
6 2 7 4 2 7 3 5 7 8 5 2 4
S U E E R H S O O W E O
6 7 6 7 4 6 2 3 6 4 6 5 2
S N I O P S F E Y E O I L
7 3 7 2 5 6 4 2 7 2 5 7 5
R C A E N U N C B T G L W
3 5 3 6 7 4 2 6 8 5 8 2 5
U I R R E T S S U T F U H
4 5 3 2 3 2 5 4 5 8 3 8 5
O L I C T C O C V L Y O E
4 8 2 4 2 4 8 4 8 2 4 8 8
H U E A S N R G I S E S H

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Get your facts together and become familiar with them before you have to face up to that interview. The better prepared you are, the easier it will be to make that important impression.

TAURUS (April 20 to May 20) New information might warrant changing your mind about a recently made decision. Never mind the temporary confusion it might cause. Acting on the truth is always preferable.

GEMINI (May 21 to June 20) Creating a loving atmosphere for those you care for could pay off in many ways. Expect to hear some unexpected but very welcome news that can make a big difference in your life.

CANCER (June 21 to July 22) Stepping away from an old and seemingly insoluble problem might be helpful. Use the time to take a new look at the situation and perhaps work out a new method of dealing with it.

LEO (July 23 to August 22) You're still in a favorable goal-setting mode. However, you might need to be a little more realistic about some of your aims. Best to reach for what is currently doable. The rest will follow.

VIRGO (August 23 to September 22) A setback is never easy to deal with. But it could be a boon in disguise. Recheck your proposal and strengthen the weak spots. Seek advice from someone who has "been there and done that."

LIBRA (September 23 to October 22) Coming up with a new way of handling a tedious job-regulated chore

could lead to more than just a congratulatory memo once the word reaches the "right people." Good luck.

SCORPIO (October 23 to November 21) What you might call determination, someone else might regard as stubbornness. Look for ways to reach a compromise that won't require a major shift of views on your part.

SAGITTARIUS (November 22 to December 21) You're still in a vulnerable mode vis-a-vis "offers" that sound too good to be true. So continue to be skeptical about anything that can't be backed up with provable facts.

CAPRICORN (December 22 to January 19) Thrift is still dominant this week. What you don't spend on what you don't need will be available for you to draw on should a possible (albeit temporary) money crunch hit.

AQUARIUS (January 20 to February 18) Staying close to home early in the week allows for some introspection about your social life. Sort out your feelings before rejoining your fun-time fellows on the weekend.

PISCES (February 19 to March 20) It can be a bit daunting as well as exciting to find yourself finally taking action on a long-delayed move for a change. It helps to stay with it when others rally to support you.

BORN THIS WEEK: Your love of home and family provide you with the emotional support you need to find success in the outside world.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: R equals W

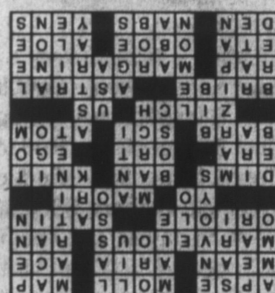
RKXH LIT RBWUK BH BWKAXWX
RKI'G QXBAAL JH WXQQJPJU
GKBMX, J GTMMIGX LIT
RJWHXGG PJWHXGG.

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King Crossword

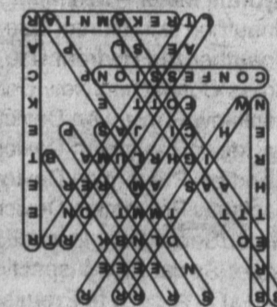
Answers

Solution time: 25 mins.



Magic Maze

ANSWERS:



CryptoQuip

When you watch an athlete who's really in terrific shape, I suppose you witness fitness.

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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Steven Spielberg terrorized us in 1975 with his \$471 million epic "Jaws." The three subsequent sequels couldn't touch the original grosses, but when last year's "The Meg" grossed \$520 million, lo and behold, a remake of "Jaws" was born, to be co-produced with "Titanic" producer/director James Cameron. Already considered to star are Harrison Ford, Chris Pratt, Jesse Eisenberg and Gwyneth Paltrow.

Spielberg, now working on the remake of "West Side Story," has cast 17-year-old New Jersey native Rachel Zegler as "Maria." Zegler was discovered after posting a 30-second clip on social media of her singing "Shallow," the Lady Gaga/Bradley Cooper Oscar-winning song from "A Star Is Born," which had 83,000 retweets and 335,000 likes. Her Tony will 25-year-old Ansel Elgort, who starred in "The Fault in Our Stars," "The Divergent Trilogy" and "Baby Driver." Both Natalie Wood (original Maria) and Richard Beymer (original Tony), were 23 when they played the star-crossed lovers.

Talk about the old switcheroo! When "Beauty and the Beast" was released last year, people were talking about how enamored Gaston's (Luke Evans) sidekick, played by Josh Gad, was, fawning all over him. Of course, Gaston only had eyes for Belle (Emma Watson). A funny fact, Josh Gad has been married to Ida Darvish since 2008, and they have two children, while Luke Evans is actually an "out" gay man since 2002.

Evans can now be seen in the scary "Ma," with Octavia Spencer, and Netflix's "Murder Mystery," with Adam Sandler and Jennifer Aniston. He's just completed "Midway" (opening Nov. 8) and is currently working in "Dreamland," with Armie Hammer, Gary Oldman and Evangeline Lilly, for a 2020 release.

Josh Gad has "A Dog's Journey," with Dennis Quaid (now in theaters), and "Angry Birds 2" (Aug. 19). Next up is the sequel "Frozen 2" (out Nov. 22); "Little Monsters," with Lupita Nyong'o; "Artemis Fowl," with Judi Dench (May 2020); as well as the HBO sci-fi series "Avenue 5," with Hugh Laurie.

Clint Eastwood had planned to direct "A Star Is Born" with Beyonce, but she couldn't clear her schedule, so Bradley Cooper had to take the helm. Clint then began working on "The Ballad of Richard Jewell," to star Leonardo Di Caprio and Jonah Hill, at 20th Century Fox, but when Fox was bought by Disney, Clint and Warner Brothers wrangled it away from them. Leo and Jonah no longer star but are co-producing. Richard Jewell was the security guard who was accused of the bombing in the 1996 Atlanta Olympics but was cleared three months later. He died of a heart attack in 2007 at 44. Eastwood's last film, "The Mule," cost \$50 million to make and grossed \$172 million, so what Clint wants ... Clint gets!

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

	÷		+		17
-		+		-	
	-		×		15
×		×		×	
	-		×		20
12		3		20	

1 1 2 3 4 6 7 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Rookwood Fountain

Flowers were an important part of the lives of Americans from the 1880s to 1950s. Technology had advanced to a time when pottery could be made in multiples in molds and large kilns. New types of plants had been introduced to the country, flower arrangements were a sign of wealth and good taste. Formal gardens were important. Collectors can find many flower vases by Rookwood, Weller, Roseville, Grueby, Fulper and many other important factories. And urns, flower vases, wall pockets, flower frogs and even chairs, benches, garden ornaments and fountains were popular. Life-sized frogs, rabbits, turtles, squirrels, even deer, dogs, elves and large mushrooms were created to display outdoors. Talented artists made the expensive garden fountains. Many were sculptures of groups of children with birds, fish, plants, shells and large rocks. The Rookwood Pottery started making architectural pottery fountains in 1902 that were groups about 3- to 5-feet high, with water pouring from rock crevices or mouths of large fish. Today, a Rookwood fountain can sell for \$3,000 to \$8,000, depending on the artist, subject and condition. It is not unusual to have many chips, stains, even firing cracks in a fountain after years outside, but it still sells for thousands of dollars. It also pays to get expert repairs that will raise the value and add to the life of the fountain. A Rookwood fountain sold by Brunk auctions a few years ago brought \$2,300 even though it was damaged. Wear and tear on a garden piece adds to the romance and aged look. Check the

backyards of house sales or even houses for sale for overlooked fountains and birdbaths or ornaments. You might find a forgotten treasure.

Q: I have a print by Henry Aiken and wonder if you could tell me anything about it -- the year and someplace besides eBay where I can sell it.

A: Henry Thomas Aiken (1785-1851) was a British artist known for his pictures of sporting scenes. Some of his oil paintings sell at auction for thousands of dollars, but many original works have been reproduced and are available online for as little as \$10 or less. Your print should be seen by an expert to determine if it is an original and what its value might be. If it's an original, it would sell for a satisfactory price at an auction.

CURRENT PRICES

Fan, mother-of-pearl, folding, silver gilt overlay, women, landscape, 10 1/2 x 20 inches, \$75.
Tea caddy, Georgian, mahogany, inlaid, octagonal, foil lined, bone escutcheon, handles, 5 x 8 3/8 inches, \$175.
Tile, Carmel Mission, cloud, sky, hills, California Faience, 5 1/2 inches, \$440.
Lighter, table, enamel, lacquer, ants, butterflies, beetles, black, Dunhill, England, 4 x 3 1/4 inches, \$1,125.

TIP: Think about the problems of owning a cat and a large collection of ceramics.

For more collecting news, tips and resources, visit www.Kovels.com

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Strange BUT TRUE

* It was American pastor, politician and activist Andrew Young who made the following sage observation: "Nothing is illegal if a hundred businessmen decide to do it."

* Tony Curtis, who co-starred with Marilyn Monroe in the famous film "Some Like It Hot," once said that kissing Ms. Monroe was "like kissing Hitler." Makes you wonder how he knew what kissing Hitler was like.

* If you're like the average bearded man, your facial hair grows at a rate of about 6 inches every year.

* You might be surprised to learn that the highest reward ever offered for the capture of Henry McCarty -- the infamous outlaw better known as Billy the Kid -- was \$500.

* In a recent survey of people who admitted to drinking beer, wine and spirits, more than 40 percent of respondents said that drink-

ing spirits made them feel sexy, and more than half said that it made them feel confident and energetic. About one-third, though, said that spirits increased their aggression.

* The first telephone book ever issued was published by the New Haven District Telephone Company and was distributed in New Haven, Connecticut, in February 1878. It contained a grand total of 50 names.

* You may know that on Oct. 4, 1957, the Soviet Union earned the distinction of putting the first human-made object into space with the launch of the satellite Sputnik 1. You may not know, though, that in Russian, the word "sputnik" means "fellow traveler."

Thought for the Day: "Instead of giving a politician the keys to the city, it might be better to change the locks." -- Doug Larson

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Now here's a tip!

by Jo Ann Derson

* "Line a flowerpot with a coffee filter to keep the soil from washing out the drain hole." -- R.L. in Georgia

* To dust baseboards and to help them resist dust in the future, try cleaning them with a dryer sheet. The residue left behind will repel dust better than if you were to use simply a damp cloth. It smells fresh, too.

* Need to cut a lot of cherry tomatoes quickly? Try placing them between two plates and apply light slight pressure the keep tomatoes in place. Slice through the gap between the plates, and enjoy.

* "Fun summer math game: Using a stack of small paper plates, write simple math problems on the plate. Set up a few empty laundry baskets. Have kids solve the math problems, then toss the plates they got correct into the basket. You can make it a competition, assign an answer range to each basket or do whatever makes it fun for the kids!" -- Y. in New Hampshire

* When you replace your

toothbrush, the old one can be used for so many small cleaning tasks. Wrap a piece of colorful tape around the handle so you know it's now ONLY a cleaning brush. Then use one to clean under the splash guard of your garbage disposal! Pull the guard out, and give the rim a scrub with the toothbrush dipped in baking soda. Follow up with a vinegar/hot water rinse.

* "I found a bunch of half-used bottles of shampoo under the sink in my kids' bathroom. I bought a clear plastic pump bottle and started combining all the bits. Now we are working our way through all the partials, adding more to the pump bottle as needed. I haven't purchased shampoo in two months!" -- A.E. in Oregon

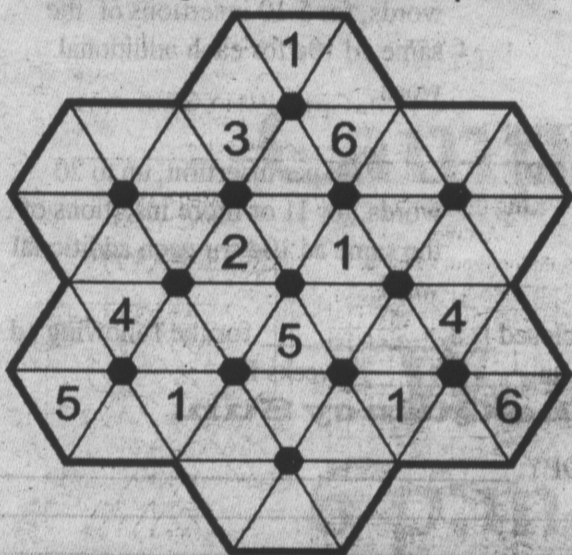
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

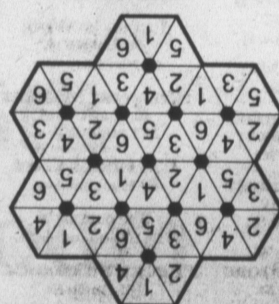
Below is a scrambled 15-letter word known to all. See how long it takes you to find the solution.

P
T E
C H S
I N S I
P P A R E

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SNOWFLAKES

solution



Go Figure! answers

20	3	12
20	4	9
×	×	×
15	3	7
×	2	×
+	+	+
17	8	9

Stickelers Answer

The word is apprenticeships

CLASSIFIEDS

SERVICES	SERVICES	SERVICES	SERVICES	SERVICES	SERVICES
T & M Landscape Co. • Spring & Fall Cleanups • Power Washing • Lawn Mowing Services • Yard Mulching • Bushes & Trees Trimmed Free Estimates 617-733-4554 ~ AFFORDABLE RATES ~	Evening Mindfulness Meditation (MBSR) course begins July 3 at the First Church of Squantum. Registration and information contact Daniel 412-670-3560. GENERAL CONTRACTING CARPENTRY • ROOFING • SIDING WINDOWS • PAINTING • BATHROOMS Also, Handyman Jobs GREAT REFERENCES CALL 617.980.6558	IMAGE LANDSCAPING <i>We are committed to your property.</i> QUALITY WORKMANSHIP FOR ALL YOUR LANDSCAPING NEEDS  We Clean it, Trim it, Remove it!  617-471-0044	KERRY CONSTRUCTION INC. CARPENTRY, GUTTERS, DECKS REPLACEMENT WINDOWS & DOORS SHINGLE & RUBBER ROOFS FULLY INSURED & LICENSED JIM AT 617-825-0592	DERRICKS PAINTING <i>When Quality Counts</i> Interior/Exterior Gutter Cleaning & Repair Deck Restoration All Aspects of Pressure Washing 617-851-1688 Licensed/Insured	REPORT POTHOLE Potholes are a year-round problem and should be reported to the Department of Public Works. 617-376-1914
GIRL FRIDAY <i>Do You Need Help?</i> • Errands Run • Housekeeping • Meal Planning/Prep • Pet Sitting/Walking/Feeding • Lawn Mowing/Weeding/Trimming • Grocery Shopping/Delivery • Local Transportation to Drs/Events Why pay for separate services? ONE call does it all 617-276-2260 Flat rate per hr.	 Jim Riley Riley Construction Commercial & Residential Roofing All Phases Windows and Gutters Quincy, MA 02169 Licensed & Fully Insured (617) 472-3335 Mass Reg #138824 rileyconstruction@live.com Free Estimates	 PLEASE RECYCLE THIS NEWSPAPER	HALLS FOR RENT MORRISETTE LEGION POST 81-83 Liberty St., Quincy Function Hall Available Call for Details 617-770-4876 Internet Capable • Weddings • Showers • Christenings • Meetings After Funeral Gatherings	WANTED OLD HAND TOOLS & ANTIQUES WANTED Planes, chisels, spokeshaves, hammers, machinist, mechanic, blacksmith, Stanley, Starrett, Bailey, Victor, calipers, clamps, anvils, vises, etc. USEFUL TOOLS, ALL TRADES pottery, lanterns, postcards, toys, ESTATE LOTS & COLLECTIONS LIBERTY TOOL CO. 888-405-2007 www.jonesport-wood.com www.davistownmuseum.org	MISCELLANEOUS Help Wanted: Join the 2020 Census team and get paid to help ensure our communities are properly represented in Congress. To learn more and apply, visit 2020census.gov/jobs.
QUINCY ANIMAL SHELTER 56 Broad Street, Quincy • 617-376-1349 quincyanimalshelter.org IN-SHELTER ADOPTION HOURS TUESDAYS & THURSDAYS 6:00 to 8:00 pm SATURDAYS 10 am - 4 pm Adoption fees include initial vaccinations and Spay/Neuter as needed. New volunteers always welcomed. FOR LOST or FOUND ANIMALS call ANIMAL CONTROL at 617-376-1364 AVAILABLE CATS Felix: male, 9, tabby	DG'S YARD MAINTENANCE • LAWN MOWING • Mulching, Weeding & Edging • Small Tree Removal • Hedge & Shrub • Overseeding/Sod • Trimming or Removal • FULLY INSURED • Rototilling & Dethatching <i>Serious about Service... Reasonable Rates</i> CLEAN-UPS 617-786-9558...FREE ESTIMATES	THE QUINCY SUN CLASSIFIED AD FORM MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET, QUINCY, MA 02169 PAYABLE IN ADVANCE. Payment must accompany order.	RATES 1 WEEK <input type="checkbox"/> \$9.00 for one insertion, up to 20 words, 10¢ for each additional word. 2-4 WEEKS <input type="checkbox"/> \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word. 5-10 WEEKS <input type="checkbox"/> \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word. 11 WEEKS OR MORE <input type="checkbox"/> \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word. <input type="checkbox"/> Enclosed is \$ _____ for the following ad to run _____ weeks in The Quincy Sun. COPY: _____	INDEX <input type="checkbox"/> Services <input type="checkbox"/> For Sale <input type="checkbox"/> Autos <input type="checkbox"/> Boats <input type="checkbox"/> For Rent <input type="checkbox"/> Wanted <input type="checkbox"/> Help Wanted <input type="checkbox"/> Work Wanted <input type="checkbox"/> Pets <input type="checkbox"/> Lost & Found <input type="checkbox"/> Real Estate <input type="checkbox"/> Antiques <input type="checkbox"/> Flea Markets <input type="checkbox"/> Yard Sales <input type="checkbox"/> Instruction <input type="checkbox"/> Day Care <input type="checkbox"/> Personal <input type="checkbox"/> Miscellaneous NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.	

Want to pick up a copy of The Quincy Sun? Here are stores in Quincy that sell it on their newsstands:

GOODIE'S STORE 1250 Hancock St., Presidents Place	ARTERY GROCERY 1000 Southern Artery	7-11 721 Hancock St.
NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	495 Washington St. DAIRY FARM 330 Washington St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.
HANCOCK MARKET 5 Cottage Ave.	230 Washington St. STOP & SHOP Southern Artery	CVS 42 Beale St.
MIGNOSA'S FRUIT BASKET 138 Granite St.	CVS Southern Artery	COFFEE BREAK CAFE 12 Old Colony Ave.
WALGREENS 132 Granite St.	TEDESCHI'S 650 Adams St.	SUPREME LIQUORS 615 Hancock St.
HANCOCK PARK LOBBY SHOP 164 Parkway	7-11 678 Adams St.	BIG Y 475 Hancock St.
FRANKLIN ST. BP 60 Franklin St.	VILLAGE COMM. MARKET 100 Willard St.	MULLANEY'S VARIETY 205 W. Squantum St.
7-11 78 Franklin St.	COPELAND LIQUORS 273 Copeland St.	STOP & SHOP 65 Newport Ave.
SHOP N SAVE LIQUORS 20 Independence Ave.	GRANITE MART 308 Willard St.	7-11 363 Hancock St.
DONUT + DONUTS 33 Scammell St.	7-11 Copeland St.	WALGREENS 324 Hancock St.
PRESIDENTIAL LIQUORS 25 Scammell St.	JOE'S PLACE 260 Centre St.	RED APPLE FOOD SHOP 48 Billings Rd.
ADAMS VARIETY 22 Independence Ave.	CORNER FOOD MARKET 1060 Hancock St.	SAM'S VARIETY 125 Billings Rd.
DAILY MART 291 Quincy Ave.	200 FOOD MART 200 Sea St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
ROCHE BROTHERS The Falls	ADAMS SHORE SUPERMARKET 494 Sea St.	ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.
WALGREENS 418 Quincy Ave.	PALMER STREET MARKET 231 Palmer St.	CARMINE'S CAFE 69 Hucks Ave.
WALGREENS 550 Adams St.	BERNIE'S GENERAL STORE 1147 Sea St.	TEDESCHI'S 751 E. Squantum St.
CREAM & SUGAR ICE CREAM 321 Victory Rd.	WEST ELM VARIETY 139 W. Elm Ave.	LUCKY SHAMROCK 265 Beale St.
	MARINA BAY MARKET 532 Victory Rd.	ANDRE'S STORE 20 Brook St.
		EVEREST MARKET 121 Standish Ave.

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PERSONAL

THANK YOU
ST. JUDE, BLESSED
MOTHER, ST. ANTHONY,
ST. JOSEPH,
ST. PEREGRINE

J.D.
Jesus, Mary & Joseph
and St. Ann
Please Help My Sister
Jean Heal
Thank You A.K.

CONGRATULATIONS NICK!
CLASS OF 2019
WE ARE SO PROUD OF YOU!
LOVE, MOM, DAD, ADRIANA, THE
SOLIMINI AND MOOSICK FAMILIES

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CLEANING BRIGADE—Some of the more than 50 employees of the Quincy Housing Authority gather after taking part in the authority's third annual shoreline clean-up June 7. Part of the city's "Cleaner, Greener" clean-up held earlier in the spring, the QHA collected an estimated 10 tons of trash along the shoreline from Palmer Street to Sexton Circle.

Quincy Sun Photo/Robert Bosworth

Housing Authority Participates In City Cleaner, Greener

The Quincy Housing Authority participated in the Quincy Cleaner Greener clean-up June 7th by performing the third annual shoreline clean up.

The Housing Authority shut down operations for the day and deployed over 50 employees to the beaches and shoreline picking up trash and debris washed ashore over the winter months.

"It is a great opportunity

for the employees and the Housing Authority to give back to the City and a great opportunity for employees to do some team building," said QHA Executive Director James Marathas. "The employees look forward to the day and it takes them away from the day to day stress and routine work load.

"We had great weather and I saw a lot of smiling faces. Over the last two years we have collected



QUINCY HOUSING AUTHORITY employees remove debris during a recent cleanup of the shoreline in the Snug Harbor area from Palmer Street to Sexton Circle.

over 20 tons of trash and I would estimate another 10 this year. It's amazing the amount of trash that washes ashore each year, boat ropes, buoys, traps, furniture, wood and a great deal of plastics (water bottles, alcohol bottles, straws, caps). This year we found a boat and dock parts. It is very rewarding to walk the beach and shore when the day is over and see the beaches ready for the season.

"I wish people were aware of the impact of poor behavior by littering the waterways and the impact to the environment. Spending a day collecting trash really makes you think before you toss that next bottle or piece of trash into our waterways. We will continue the tradition yearly and hope more people enjoy the miles of beaches in Snug Harbor, they truly are hidden jewels," Marathas added.

POLITICAL ADVERTISEMENT

POLITICAL ADVERTISEMENT

POLITICAL ADVERTISEMENT

KOCH

FOR QUINCY

Campaign Kick-Off 2019

Wednesday, June 26th
6 p.m. at the Tirrell Room
254 Quarry Street, Quincy

Paid for by the Committee to Elect Thomas P. Koch

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FLAG DAY

Parade & Celebration

Mayor Thomas P. Koch
wishes to thank the Quincy Flag
Day Committee, Parade &
Fireworks Sponsors for the
68th Annual Flag Day Parade
and Celebration!

Firework Sponsor



Parade Sponsors




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